The pride of North Carolina's electric cooperatives

Volume 47, No. 7 July 2015

Carolina Country

Country Air

INSIDE:

T.R.'s vision

No small feet

Family farms

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An illustrated guide to power receptacles—pages 14–15

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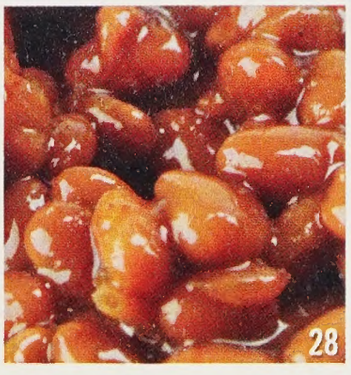
"Boys of Summer," by Chris Dillon of Marshville, a member of Union Power Cooperative. "Two of our sons, Ethan and Gabe, enjoying a game of checkers and some fresh air."



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Editor
Michael E.C. Gery, (919) 875-3062
Senior Associate Editor
Renee C. Gannon, CCC, (919) 875-3209
Contributing Editor
Karen Olson House, (919) 875-3036

Creative Director
Tara Verna, (919) 875-3134
Senior Graphic Designer
Warren Kessler, (919) 875-3090
Graphic Designer
Erin Binkley, (919) 875-3089
Graphic Designer
Linda Van de Zande, (919) 875-3110

Publication Business Specialist
Jenny Lloyd, (919) 875-3091
Advertising
Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CEO
Joseph P. Brannan
Senior Vice President, Corporate Relations
Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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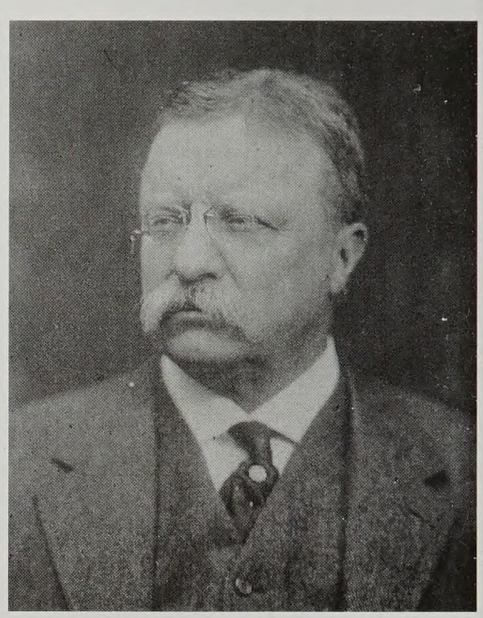
Cooperatives and country life, 1909

By Michael E.C. Gery



President Theodore Roosevelt around the time he appointed the Country Life Commission.

Known for boundless energy, immersion in the natural world, charging up San Juan Hill, defending business against corporate giants, writing 30 books and serving two terms as U.S. President (1901–1909, from age 43 to 51), Theodore Roosevelt also was an early champion of electric cooperatives.

At the time, America's rural communities lagged behind cities and towns in many ways. Urban areas were seeing rapid development in a diversified economy with advancing transportation, lively arts, burgeoning industry and electricity. And while land-grant colleges for a generation had been contributing to agricultural development, the cultural life of rural Americans was primitive compared to towns and cities. A movement known as the Country Life Movement — comprising academics, agriculturists, writers, social activists — sought to introduce contemporary culture to rural communities while preserving what they saw as the wholesome values and ethics of rural life. The movement found favor in the Roosevelt administration who in 1908 appointed a seven-member Country Life Commission. TR later said it was "the most important commission of any kind that I appointed."

Within a year, the Country Life Commission had conducted several studies, convened 30 public meetings and circulated 550,000 questionnaires. Its report espoused an ideological approach to advancing rural life that would involve not only progressive farms but also schools, local government and churches. President Roosevelt himself introduced the report to Congress in 1909 with characteristic vigor: "The men and women on the farms stand for what is fundamentally best and most needed in our American life."

Excerpts of his remarks here show how he and the commission laid the foundation for what would become the rural electric cooperative program 25 years later.

> If country life is to become what I believe it ultimately will be — one of the most dignified, desirable, and sought-after ways of earning a living — the farmer must take advantage not only of the agricultural knowledge at his disposal, but of the methods which continue to raise the standards of living and of intelligence in other callings.
>
> Those engaged in all other industrial and commercial callings have found it necessary, under modern economic conditions, to organize themselves for mutual advantage and for the protection of their own interests. The farmers of every progressive European country have found in the co-operative system exactly the form of business combination they need.
>
> It is the obvious duty of the government to call the attention of farmers to the growing monopolization of water power. The farmers above all should have that power, on reasonable terms, for cheap transportation, for lighting their homes, and for innumerable uses in the daily tasks on the farm.
>
> Where farmers are organized cooperatively, they not only avail themselves much more readily of business

opportunities and improved methods, but also that the organizations are used for social and intellectual advancement.

The co-operative plan is the best plan of organization wherever men have the right spirit to carry it out. Under this plan any business undertaking is managed by a committee; every man has one vote and only one vote; and everyone gets profits according to what he sells or buys or supplies. It develops individual responsibility and has a moral as well as a financial value over any other plan.

He concluded by noting "three great general and immediate needs of country life":

First, effective co-operation among farmers, to put them on a level with the organized interests with which they do business.

Second, new schools in the country which teach children as much outdoors as indoors and perhaps more, so that they will prepare for country life, and not, as at present, mainly for life in town.

Third, better means of communication, including good roads and a parcels post.

Such help by the people's government would lead to a comprehensive plan of organization, education and communication, and make the farming country better to live in, for intellectual and social reasons as well as for purely agricultural reasons.

Electric cooperatives today carry on this work by following cooperative business principles, supporting local education and promoting communication in the digital age.

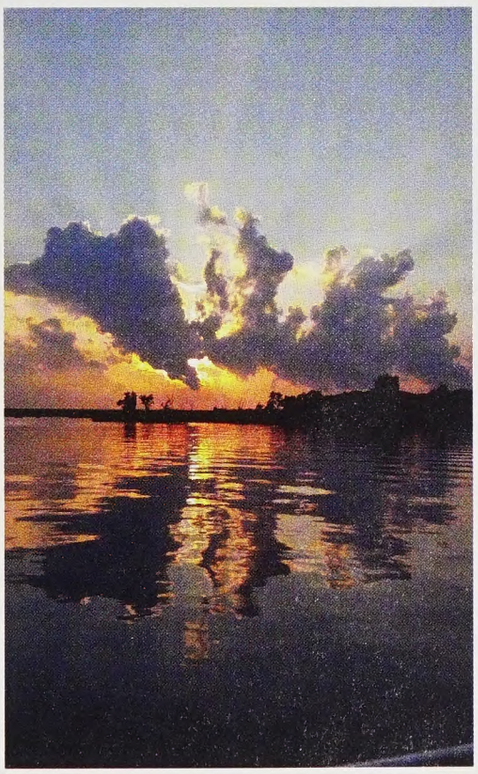
Contact us

Website: carolinacountry.com
E-mail: editor@carolinacountry.com
Phone: (919) 875-3062
Fax: (919) 878-3970
Mail: 3400 Sumner Blvd.
Raleigh, NC 27616
Find us on facebook at carolinacountry.com/facebook

Bluebird

This is Carolina Country across the field in our backyard. The bluebird is keeping an eye on her nest that is close to her. The black cow is a nice contrast with the yellow grass.

Barbara Shook, Clinton, South River EMC



The Belhaven docks

My husband and I have sailed together for almost 40 years. He retired a short time ago, and we set out for a three-week trip from New Bern to the Albemarle Sound Loop. On our way back we docked at the public docks in Belhaven. This photo was taken at sunset.

Lorraine Bernstein, New Bern
Tideland Electric

Music for disabled vets

I was born and raised in western North Carolina. I love your magazine for how it inspires and promotes self-confidence for people like myself.

I am honored to serve as an ambassador for Disabled American Veterans. I use my talents as a country music artist to encourage young people to be involved with our veterans. My mission is to bring awareness to the needs of disabled veterans and their families. Our brave men and women who gave even more are still feeling the aftermath of war.

We can all make a difference in people's lives, even if it's one person at a time.

McKayla Reece, Waynesville, Haywood EMC

See McKayla's touching video "That's America" at mckaylareece.com

She is like a daughter to me.

Regina is always there

by Nell Nolle

Sometimes people go through life helping others without expecting recognition, and maybe never getting it either. I know such a person. Her name is Regina Thompson.

Regina came to Morehead City from Fayetteville and got a job at Carteret General Hospital. She has helped so many to get jobs at the hospital, and her suggestions for the hospital staff have made their jobs easier.

I am 86 years old. She watches over me and takes time to help me. All I have to do is call. A few years ago, I was in Jacob, Canada, at my granddaughter's house and something went wrong. I was frightened and called Regina. She called the Kingdom Hall of Jehovah's Witnesses in that area and got me help. They took care of me for three days, even though they didn't know me, and then took me to the airport so I could come home. When I got off the plane, there was Regina with a bouquet of beautiful flowers. I was so happy to see her.

She is like a daughter to me. She is very intelligent and can fix anything. Let her look at it, and she fixes it. And she is a wiz at computers. All I have to do is ask her and she figures it out.

Regina also helps her daughter and son and his beautiful children. I really don't know what any of us would do without her. Her precious daughter has been in pain for 20 years. Her pain is so intense that sometimes medicine doesn't help. But her mother takes care of her while working and helping everyone else.

At my age, with my children out of the area, I need someone to help me. The only thing I can do for Regina is to cook and bake and give something to her and her husband, John. I hope it helps to free her to do all the things she does for others.

Hurricane Irene in 2011 left their home in shambles and wiped out their possessions. They have been paying rent ever since. When they get enough money, they want to put the house up on stilts.

Through all of this, Regina thinks about other people and not her own problems and wants to know how she can help. If there were more people like Regina Thompson, this would be a better world.

Nell Nolle lives in Newport.

Send Your Story

If you have a story for "Where Life Takes Us," about an inspiring person who is helping others today, or about your own journey, send it to us with pictures.

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- Pictures must be high resolution or good quality prints.
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- To submit: email to editor@carolinacountry.com ("Inspiration" in the subject line) or online at carolinacountry.com/contact

Urgent: Special Summer Driving Notice

To some, sunglasses are a fashion accessory...

But When Driving, These Sunglasses May Save Your Life!

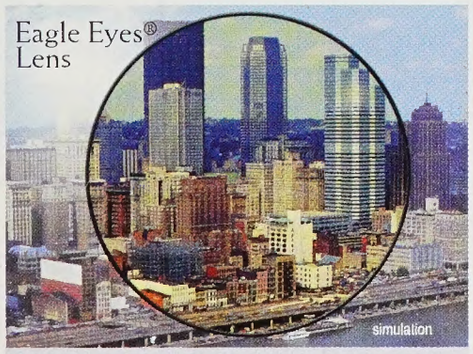
Drivers' Alert: Driving can expose you to more dangerous glare than any sunny day at the beach can... do you know how to protect yourself?

Studies by the National Highway Traffic Safety Administration (NHTSA) show that most (74%) of the crashes occurred on clear, sunny days

The sun rises and sets at peak travel periods, during the early morning and afternoon rush hours and many drivers find themselves temporarily blinded while driving directly into the glare of the sun. Deadly accidents are regularly caused by such blinding glare with danger arising from reflected light off another vehicle, the pavement, or even from waxed and oily windshields that can make matters worse. Early morning dew can exacerbate this situation. Yet, motorists struggle on despite being blinded by the sun's glare that can cause countless accidents every year.

Not all sunglasses are created equal.
Protecting your eyes is serious business. With all the fancy fashion frames out there it can be easy to overlook what really matters—the lenses. So we did our research and looked to the very best in optic innovation and technology.

Sometimes it does take a rocket scientist. A NASA rocket scientist.
Some ordinary sunglasses can obscure your vision by exposing your eyes to harmful UV rays, blue light, and reflective glare. They can also darken useful vision-enhancing light. But now, independent research conducted by scientists from NASA's Jet Propulsion Laboratory has brought forth ground-breaking technology to help protect human eyesight from the harmful effects of solar radiation light. This superior lens technology was first discovered when NASA scientists looked to nature for a means to superior eye protection—specifically, by studying the eyes of eagles, known for their extreme visual acuity. This discovery resulted in what is now known as Eagle Eyes®.



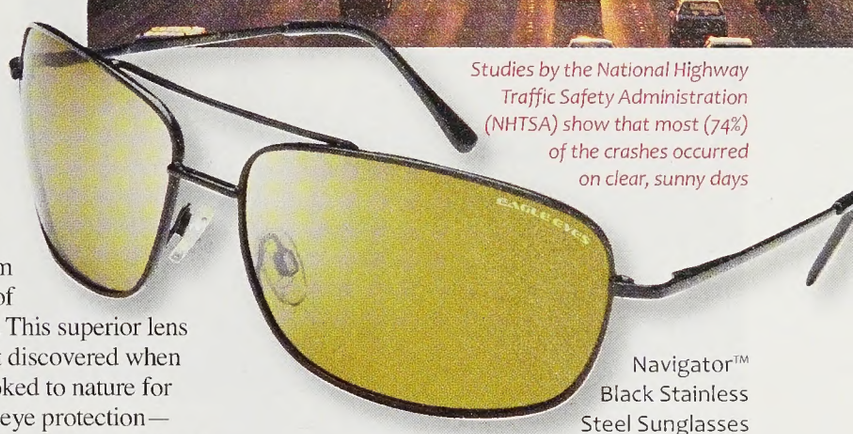
Slip on a pair of Eagle Eyes® and everything instantly appears more vivid and sharp. You'll immediately notice that your eyes are more comfortable and relaxed and you'll feel no need to squint. The scientifically designed sunglasses are not just fashion accessories—they are necessary to protect your eyes from those harmful rays produced by the sun during peak driving times.

The Only Sunglass Technology Certified by the Space Foundation for UV and Blue-Light Eye Protection.
Eagle Eyes® features the most advanced eye protection technology ever created. The TriLenium® Lens Technology offers triple-filter polarization to block 99.9% UVA and UVB—plus the added benefit of blue-light eye protection. Eagle Eyes® is the only optic technology that has earned official recognition from the Space Certification Program for this remarkable technology. Now, that's proven science-based protection.

The finest optics:
And buy one, get one FREE!
Eagle Eyes® has the highest customer satisfaction of any item in our 20 year history. We are so excited for you to try the Eagle Eyes® breakthrough technology that we will give you a **second pair of Eagle Eyes® Navigator™ Sunglasses FREE—a $99 value!**

That's two pairs to protect your eyes with the best technology available for less than the price of one pair of traditional sunglasses. You get a pair of Navigators with stainless steel black frames and the other with stainless steel gold, plus two microfiber drawstring cleaning pouches are included. Keep one pair in your pocket and one in your car at all times.

Your satisfaction is 100% guaranteed.
If you are not astounded with the Eagle Eyes® technology, enjoying clearer, sharper and more glare-free vision, simply return one pair within 60 days for a full refund of the purchase price. The other pair is yours to keep. No one else has such confidence in their optic technology. Don't leave your eyes in the hands of fashion designers, entrust them to the best scientific minds on earth. Wear your Eagle Eyes® Navigators with absolute confidence, knowing your eyes are protected with technology that was born in space for the human race.



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CO-OPS AND COMMUNITY JOBS

The new platform aerial apparatus fire truck in Youngsville.

Wake Electric helps the Youngsville Fire Department buy a new truck

The Youngsville Volunteer Fire Department has added a brand new fire truck to its fleet, thanks to Wake Electric's commitment to rural economic development. The electric cooperative provided the fire department with a $975,000 zero-interest loan funded by the co-op's revolving loan fund as well as loans and grants from the U.S. Department of Agriculture's (USDA) Rural Economic Development Loan and Grant (REDLG) program. The fire department added a $33,000 equity investment toward the roughly $1 million needed to purchase a 100-foot platform aerial apparatus fire truck.

The Youngsville VFD service territory covers 58.3 square miles in a fast-growing section of Franklin County. The VFD operates three firehouses in its district. The new fire truck will expand its ability to suppress fires, protect property and provide life safety assistance as population, housing and businesses increase in this once all-rural area.

"We're proud to provide this opportunity to improve life in the communities we serve," said Fred Keller, manager of member services. "Wake Electric has a 75-year history of investing in the places we provide electricity. That's the co-op way."

The REDLG program provides zero-interest loans and grants to electric cooperatives. Cooperatives then lend the money to local businesses to support rural development.

As the fire department repays the loan to Wake Electric, the co-op will repay the USDA loan. The portion of the funds provided by grants or by Wake Electric's revolving loan fund, once repaid, will go back into the revolving loan fund, which will be available to assist with future rural economic development and job creation projects in the co-op's service area.

—Angela Perez

You *can* get satisfaction!

In a recent national survey, co-op members reported higher satisfaction with their electricity provider than customers of other electric utilities.

Touchstone Energy cooperatives earned an overall score of 80, the highest among all-electric utilities in the American Consumer Satisfaction Index (ASCI) for the first quarter of 2015. That's well ahead of the 74 received by investor-owned utilities, followed by municipals at 73.

"We are still the highest rated all-electric utility in the nation," said Tim Sullivan, Touchstone Energy senior director of business development.

Co-ops top the list for consumer loyalty (80) and outage restoration (84), while enjoying the lowest level of consumer complaints. Co-ops also have the highest consumer perceptions of value for money, though the score of 77 is lower than in other categories.

Among the largest investor-owned utilities, the highest-scoring companies are both natural gas suppliers - Atmos Energy (ACSI score of 82) and CenterPoint Energy (81).

After a harsh winter, average overall scores for energy utilities were down slightly compared to last year.

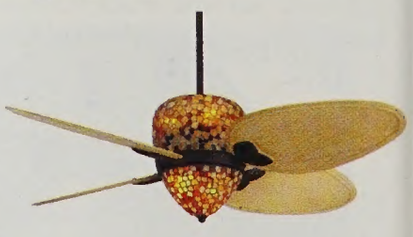
"Higher cost tends to weaken customer satisfaction, particularly when spending is not discretionary, as is the case with commodities such as energy," says Claes Fornell, ACSI chairman and founder. "It is not as much the cost of energy per se, but that usage was high and took a bigger bite out of household income."

Touchstone Energy's Sullivan challenged co-ops to relentlessly communicate and demonstrate values. "Not just how low the rate is—that's important—but value is what I get for what I pay," he said, calling on co-ops to highlight the many services they offer. "The cooperative difference in all of its forms—that's what's critical to demonstrate."

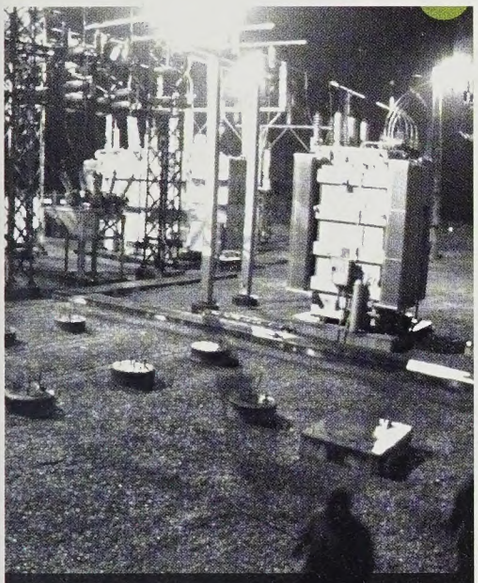
As a basis of comparison with Touchstone Energy co-ops' overall score of 80, JetBlue topped the airline list with an 81 and Costco was the highest-ranked specialty retailer at 84.

—ECT.coop

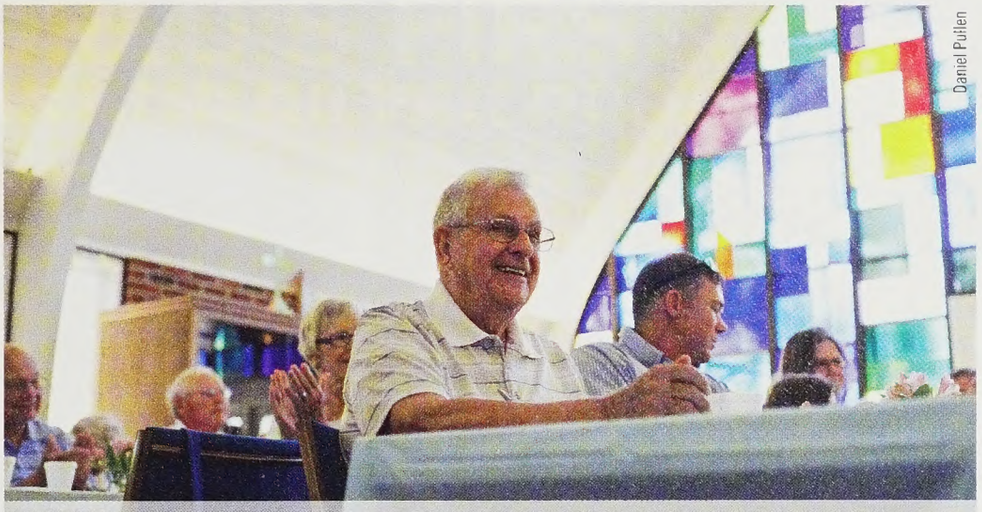
Which way should ceiling fans rotate?



Virtually all sources, including the U.S. government and our report in "Try This!" [June 2015], say ceiling fans, as you look up to them, should rotate counterclockwise in warm seasons (to push air down and give you a "wind chill" cooling effect on your skin), and clockwise in cold seasons (for an updraft to circulate higher, warmer air downward). Ron Walser, of Airco Heating and Cooling in Lexington, noted that all fans may not be designed to turn that way. To push air down in warm seasons, he suggested this: "The highest edge of the fan blade (closest to the ceiling) should lead (go before) the lower edge. The fan should rotate in the direction of the highest edge of the blade (closest to the ceiling)."



Masked thieves are caught on a security camera system Four County EMC uses to monitor its substations.



Daniel Pullen

Walton Fulcher, retired as a longtime board member and president of Cape Hatteras Electric Cooperative, was honored in May for decades of community service. Recognition came from Dare County, the Cape Hatteras United Methodist Men (founded by Fulcher 37 years ago) and by Gov. Pat McCrory, who conferred the coveted Order of the Long Leaf Pine for his service to the state.

Break into a substation, get caught, get arrested

Two masked men broke into a Bladen County substation in April attempting to steal tools and equipment locked in trailers, located inside the substation. But Four County EMC was watching its substation remotely on a hidden camera system.

Bladen County police responded and the thieves fled on foot, leaving behind the some $3,500 in materials they had collected in the short time inside the substation.

The break-in to the substation to steal tools and equipment isn't the only thing electric cooperatives and police are fighting. Thieves have also been breaking into substations to steal copper, sometimes causing power outages for thousands of members.

In addition to putting people in danger, thieves who steal tools, copper and brass cost co-ops thousands of dollars a year.

"Our investment in the substation cameras and lighting is paying off," said Four County EMC CEO Mitchell Keel. "We will not tolerate anyone putting our members or employees in danger. We'll keep using our security operations to bust the thieves."

Citizens are encouraged to report any suspicious activity around electric system or equipment to 911 or their electric cooperative.

Stay safe this summer

- See a video on summer safety tips at our website: carolinacountry.com
- With your boat, make sure your masts stay well clear of power lines.
- Pay attention to where you place metal ladders or dig for fence posts. Before you start any project, always look up and avoid overhead power lines. Keep a minimum of 10 feet between you and overhead lines.
- If you are planning a project that requires digging, remember to dial "811" first to find out if the area you will be working in is clear of underground power lines.
- Power tools should be kept away from wet surfaces, and outlets should not be overloaded.
- Children should never climb trees near power lines—always assume a wire is live.
- Fly kites and remote-controlled airplanes in large open areas like a park or a field, safely away from trees and overhead power lines.

- At the pool, electrical devices, such as stereos, should be kept at least 10 feet away from water sources, and outdoor electrical outlets should always be covered. If you hear a rumble of thunder, exit the pool right away.
- If you find yourself outdoors during a thunderstorm, move toward suitable shelter with covered sides, and stick to low-lying ground if possible.

How many volts?

Electrical voltage enters your home at 240 volts. A typographical error in "What is a transformer?" [June 2015] indicated it enters at 440 volts. We have corrected the mistake on our website and on reprints.

Try This!

To seal or not to seal

By Bret Curry

A properly sealed crawlspace with rigid moisture barrier and foam insulated floor.

To seal or not to seal the crawl space is a recurring dilemma for many homeowners.

To begin, why do homes have crawl spaces? Crawl spaces came along when concrete block foundations were introduced. They cost less to build than basements, and they provide access to plumbing, ductwork and some electrical components. Decades ago, conventional wisdom introduced vents, and it was believed they would keep the crawl space area dry. The vents, however, introduced a few unintended consequences.

Years of field practice by industry experts yielded a better understanding of building science. Diagnostic equipment, monitors for relative humidity and dew point, and infrared cameras have unveiled some compelling facts about crawl spaces. In fact, many builders across the country who understand building science are no longer building vented crawl spaces, and some building codes are even changing to accept properly sealed crawl spaces.

Outside air and moisture

Experience has taught us that a properly sealed crawl space with a properly installed moisture barrier will dramatically reduce unwanted moisture and thwart heat gain and loss. Proper air and moisture sealing improves comfort and reduces heating and cooling costs. Additional benefits are the elimination of the earthy smell inside a home caused by a damp crawl space and elimination of the environment that promotes the growth of mold and mildew. And floors will be warmer during the winter. Also, properly sealed crawl spaces can be used for storage.

Many existing homes with vented crawl spaces can be retrofitted and sealed if they meet some very important criteria.

First, let's address how nature affects the crawl space. Remember that heat moves to cool on our wonderful planet. On a summer day, our nice cool crawl space becomes an attraction for hot and humid air. The hot air moves through the vents to the cooler crawl space causing everything to become warmer — even the ductwork and floors. If the ground is not properly covered with a moisture barrier, water vapor from the ground and air will condense on cooler surfaces. This is why most ductwork located in vented crawl spaces has evidence of condensation with mold and mildew on the outer side of the insulation. Uninsulated ducts may show signs of rust and corrosion. The opposite happens during the winter. The warmer air under the floor escapes through the foundation vents. This causes the floors to become quite cold, and could cause pipes to freeze and break in extreme cold.

Are you ready to seal it?

If you can answer "yes" to these questions about your crawl space, you are a candidate for sealing:

- Is your crawl space dry year-round without any standing or recurring drainage problems?
- Is your home free from any plumbing leaks?

Sealing a crawl space is not that difficult, but it does take time to properly complete the job. A rigid moisture barrier is paramount. There are companies that sell quality watertight moisture barriers and special mastics and tapes to assure an airtight and waterproof seal. Foam board can be used for sealing the inner side of the vents.

If you live in an area where radon could be an issue, I suggest contracting with an authorized entity to handle your project. Also, if you live in an area where termites exist and insurance is required, I suggest that you contact your policyholder and inquire about parameters concerning sealed crawl spaces. They may require a gap between the top of the moisture barrier and the band joist for inspection purposes. Many termite companies now offer this service.

Bret Curry is the residential energy manager for Arkansas Electric Cooperative Corporation.

For more energy-saving ideas: smartenergytips.org

For more about crawl spaces: crawlspaces.org

For more information on how to save energy, including a virtual house tour, go to TOGETHERWESAVE.COM

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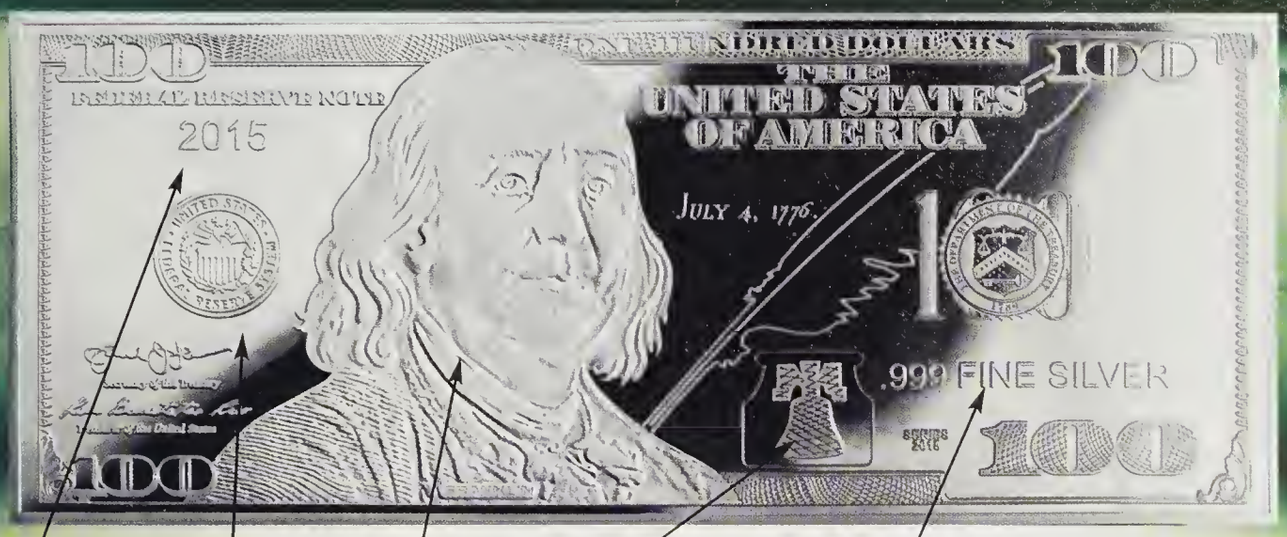
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Freaker founder Zach Crain, shown here with Mister Pete, has drawn attention with a zany marketing style.

FREAKER no SMALL FEET

Freaker USA brings sock manufacturing back to North Carolina

By Emily Cameron Walker

"Where you spend your money matters," says Freaker USA founder Zach Crain. That's why he has worked hard to ensure his product is made here in the South. From cotton picked in Georgia and Louisiana to nylon and spandex manufactured in North Carolina, every component is made or grown locally. Crain says that by rooting his business here, he is "backing America."

And America is backing Freaker USA. Crain launched his company after a successful crowdfunding campaign netted $62,770 in capital. That money made the Freaker—a colorful, one-size-fits-all beverage sweater—a reality. A television appearance, eccentric marketing videos, and a traveling grilled-cheese party introduced the Freaker to the masses, and they liked what they saw. Freakers are now carried in over 2,000 boutiques, online and at major retailers such as Nordstrom and Whole Foods. The product line is full of clever, cheeky designs that speak to a carefree lifestyle and a love of a good time.

That pretty much sums up Zach Crain as well. A cheerful, charismatic fellow in short shorts and an impressive beard, he is the ultimate ambassador for his brand. His antics lend the Freaker USA videos their surreal sparkle and strangeness, and are the reason ABC-TV invited him to appear on the pitch-your-business-idea show "Shark Tank." Though he got no deal, the appearance helped introduce the Freaker USA brand to a wide audience. To sell his product, Crain wanted to connect the Freaker with a certain playfulness. "To get people to enjoy this new thing," he says, "you have to act crazy."

Apparently, crazy sells. His latest crowdfunding campaign was a success, raising $255,264 for Freaker Feet, an impressive line of 127 novelty sock designs, from state flags and collegiate sports logos to plays-on-words like "Lance Tiny-Arms Strong" (featuring a T-Rex on a bicycle).

Although Crain believes Freaker USA is a "meeting ground for everyone just to smile and have a good time," his company is doing much more than spreading cheer; it is creating jobs right here in the Tar Heel State.

Freaker USA sources materials from all over the state. The cotton is picked in the American South, then brought to North Carolina to be spun in Thomasville and dyed in Belmont. The nylon is manufactured in Greensboro and spandex is made in Burlington. Fibers are knit in Troy and washed in Haw River, packaging material is produced in Clayton and Conover, and the products are distributed from Wilmington. Crain believes making his product locally is a benefit rather than a sacrifice.

"Everyone is complaining about the economy and how there are no jobs, but where we spend our money is the action of our complaints," he says, meaning that we can create jobs by buying American made products. He explains that being locally-made means creating good jobs for friends and neighbors. It's also faster and easier to get the product to market, as local companies provide quick turnaround times and fewer mistakes in translation. Plus, he adds, there is no need to book a flight halfway around the world to check on production.

Production is in full swing. The new line of Freaker Feet is available at FreakerUSA.com

Emily Cameron Walker is a Raleigh-based freelance writer. A North Carolina native, she blogs at honeysuckleafternoons.com.

See one of Freaker's whacked-out videos on our web site:

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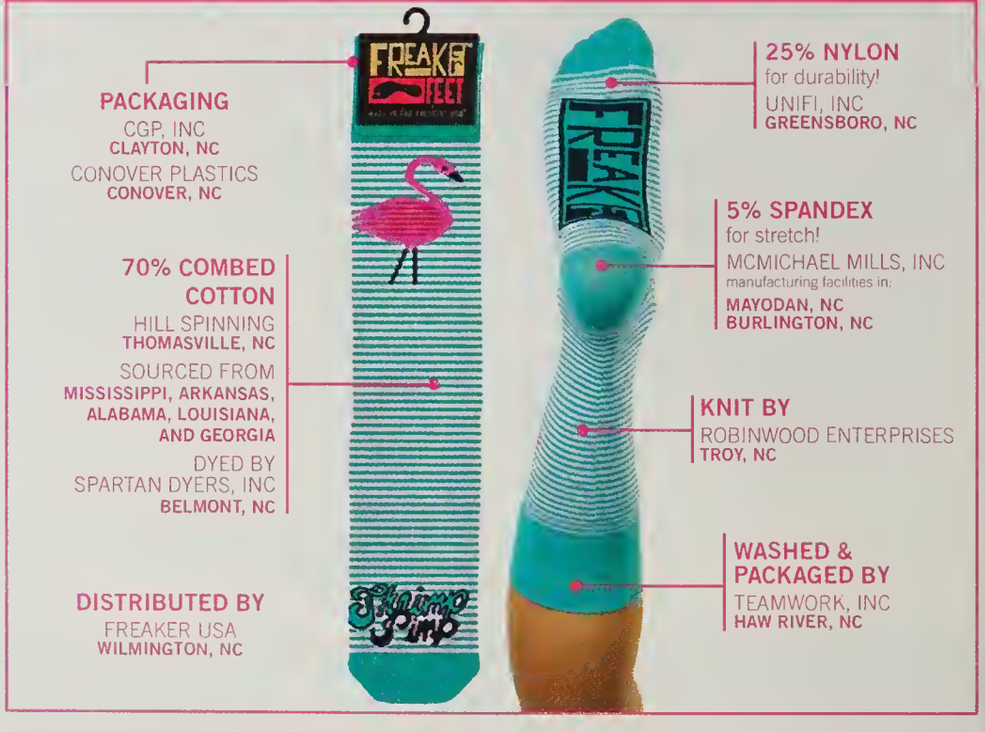

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Outlets: The Ins and Outs

Often used interchangeably, a "receptacle" is the "female" counterpart to a plug that provides access to electricity while an "outlet" can be any access point to wiring, such as light fixtures or receptacles.

Type	Look	Function
Two-Pronged Receptacle		Provides electricity to plugged in appliance.
Grounded Receptacle		Third prong (ground) reduces the risk of electric shock and protects equipment from electrical damage.
Tamper-Resistant Receptacle (TRR)		A built-in shutter system prevents objects from being inserted, except when simultaneous, equal pressure to both slots is provided by a plug.
Arc Fault Circuit Interrupter (AFCI) Receptacle		Reduces the risk of fire, by interrupting power when an arc fault occurs anywhere in the circuit, including within items plugged into it.
Ground Fault Circuit Interrupter (GFCI) Receptacle		Prevents shock by quickly shutting off power to the circuit if the electricity flowing into the circuit differs from that returning, indicating a leakage current.
Surge Suppression Receptacle		Protects sensitive electronic equipment from transient surges.
USB Receptacle		Provides a permanent Universal Serial Bus (USB) connection source.

Out with the old: All outlet installation should be performed by a qualified electrician.

Interesting Fact	Recommended Installation Locations
Installed prior to 1962.	None.
Grounding-type receptacles were first required for all 15- and 20-ampere receptacle outlets in the 1971 edition of the National Electrical Code® (NEC).	Mandated by NEC in all areas unless otherwise specified.
Outlet covers do not provide adequate protection. 100% of children ages 2 to 4 were able to remove one brand of plastic outlet covers from the sockets in less than ten seconds.	Required by the 2008 NEC. Upgrading rooms and areas where children could have access to the outlets is recommended.
The CPSC estimates more than 50% of electrical fires that occur every year could be prevented by AFCIs.	Provides protection from arc faults beyond branch circuit wiring extending to appliances and cords using the receptacle.
GFCIs shut off electric power in the event of a ground fault within as little as 1/40 of a second.	Installed in areas where water and electricity are in close proximity, such as bathrooms, garages, kitchens, laundry areas, and any receptacles located outdoors.
National Electrical Manufacturers Association (NEMA) estimates that 60–80% of surges are created within the building, such as when large appliances, like air conditioners, turn on and off.	Not required by the NEC, though often installed in rooms containing costly devices such as computers, TVs or refrigerators.
Over 10 billion electrical devices in use today charge via a USB cable.	Offers a permanent adaption for devices requiring a USB terminal for power or charging as needed for convenience. Not required by the NEC.

Some receptacles may combine more than one technology such as AFCI+TRR, GFCI+TRR, or USB+GFCI.

NO TRESPASSING

THERE ARE WAYS TO DETER VANDALISM ON YOUR FARM

By Patrick V. Fiel Sr.

Like any business, farms have their own set of security challenges. Several recent events highlight the need for farmers to take a closer look at security.

- A man wandered onto a North Carolina livestock farm this spring and drove off with a $45,000 tractor and $15,000 worth of related equipment.
- Over several weeks this past winter, about 325,000 chickens were killed in 16 South Carolina chicken houses on six farms. Vandals bypassed the alarm systems to raise or lower temperatures in the houses to kill the birds. The value of the chickens: $1.7 million.
- In Sacramento, Calif., police have investigated seven recent incidents of decapitated heads of cows, chickens, goats and lambs found in parks, cemeteries and other open areas.
- During an annual audit early this year, a Texas cattle ranch found 1,121 unbranded steer calves had been stolen over the past 12 months.

From the Carolinas to California, farmers are facing vandalism, theft, destruction of property and threats. Crimes against property are not confined to suburbs and inner cities. Farmers need to step up and invest in security solutions.

There is no "one-size-fits-all" farm security plan. Begin by meeting with an experienced security consultant to conduct an all-hazards study that will look at what needs protecting and at surrounding properties and roads, onsite buildings and employees. The study will lead to a plan that addresses the specific security concerns of each farm.

Crime prevention through environmental design

If trees and brush are growing around animal enclosures, equipment sheds or office buildings, they can provide a hiding place for criminals. In many cases, regular trimming will do the job; other times they need to be removed.

Lighting is vital around areas that house animals and equipment. Also, standby power is helpful in case of a power failure or cut utility lines.

Fencing and gates help channel visitors away from high-value areas. They also act as a barrier that slows access in and out of protected sites.

"Private property" signage can remind people that they are not to trespass. It can also advise them that the farm has an active security system.

Patrick V. Fiel Sr. is an independent security consultant based in Duplin County. He has more than 35 years of security and law enforcement experience helping to protect farms. Contact him at pvfiel@gmail.com or (910) 789-4265.

Electronic security tips

- Gate and lock the driveway at all times. Employees can use keypads. A video intercom allows two-way audio communication and can view visitors before you remotely unlock the gate.
- Card readers or keypads are helpful at spots such as barns, chicken houses, corrals, offices and equipment storage facilities. They eliminate the need for rekeying if keys are lost or stolen.
- Security cameras can deter criminals and capture evidence. The best systems work wirelessly on the farm's private network, and their video can also be shared with first responders. You can install motion sensors that start recording only when there is movement through the field of vision. They can be set to tell the difference between a pig and a human being. Intrusion sensors can alert you to attempted break-ins.
- Engrave the farm name or other identifier into ladders and tools.
- Don't leave keys in vehicles or farm machinery. Use a control box that holds all keys when not in use.
- Consider running a background check on employees who will have access to animals, equipment or other valuables.

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All in the Family

Century Farms celebrate North Carolina's agricultural heritage

By Carole Howell

Pride in their farms and in the state's farm history has led nearly 2,000 families to earn the designation of North Carolina Century Farm for farms owned and operated by the same family for more than 100 years.

"Agriculture is North Carolina's leading industry, with an economic impact of $78 billion," says Brian Long of the N.C. Department of Agriculture and Consumer Sciences. "And family farms are the backbone of North Carolina agriculture. Of the more than 50,000 farms in the state, about 90 percent are family-owned. We owe a lot to the family farm."

Brian Long tells us that the Century Farm designation began in 1970 at the North Carolina State Fair. To highlight the fair's theme, "Salute to Agriculture," fair officials sought families who have owned or operated a farm in North Carolina for 100 years or more. Every few years at the state fair, the NCDA&CS holds a reunion for all Century Farm families. The next reunion is planned for 2016.

Proof of 100 years of continuous family ownership and a simple form is all you need to register your farm as a North Carolina Century Farm. To get started, visit the Public Affairs Division at ncagr.gov.

"We continue to see a lot of interest in this recognition program," says Long. "We typically receive at least six applications each month. That tells us that there are still a lot of family farms reaching the century mark despite development pressure."

While some things change, some things remain the same. Some families continue to farm, while others are making use of their land in ways their grandparents would never have imagined. Each farm has its own history—as interesting as the families that own them.

Cold Mountain Farm, Haywood County

William Holbrook grows tomatoes and tobacco on 15 acres in the Haywood County area of Bethel at the base of Cold Mountain. The 1914 house his grandfather built is still in use.

"My great-grandfather, William Harrison Hargrove on my mother's side, obtained this farm when he married my great-grandmother," said Holbrook. "I knew I was the fourth generation, but I learned that I was actually the sixth generation."

Holbrook said that his father had done a great deal of research on his mother's side of the family, and he developed a greater interest in genealogy as he began to dig deeper into the land's history.

"Sometimes you discover there was a horse thief in the family," Holbrook chuckled, "so there are some negatives about it."

Burns-Lail Farm, Burke County

Not all farms grow crops or raise livestock. The Burns-Lail farm in Burke County, established in 1811, has been transformed into a country wedding venue, called Rex Allen Theater Events, hosting more than 70 weddings last year. The house built in 1954 is now used as a bridal suite.

"I tell people we farm marriages," said Rex Lail, who says that the idea came from his daughter, Lisa. "We have to keep the place immaculate for our events, so I guess the only crop I'm really good at is grass."

Besides the wedding events, the family produces an annual Christmas show as a gift to the community.

Smith Farm, Cabarrus County

"Our farm was part of the Phoenix Gold Mine," said William Smith of Cabarrus County. "My grandfather and one of his brothers worked at the mine, and when the mine closed down, Cabarrus Land and Timber Company was formed and they sold the property. My grandfather bought this land, 74 acres, and bought his brother out in 1910 for a total of about 160 acres."

Smith remembers that they got electric power from the Union electric co-op around 1950. "My great-uncle owned property across from ours, and the city of Concord had electricity over there. And my dad went over there and asked if they would pull power over here to our place. They said no, because it's not cost-efficient to pull power a quarter of a mile to one little farm. The electric co-op came out of

William Holbrook

NCDA&CS

Clockwise starting top left: ***Betty Russell Rhem Farm****, Craven County, established 1905.* ***Cold Mountain Farm*** *in Haywood County represents six generations of continuous family farming along the Pigeon River.* ***John Spence Farm****, Harnett County, established 1882.* ***The Burns-Lail farm*** *in Burke County has been transformed into a family-run wedding venue.*

Union County and put the power in our house here."

The city of Concord took notice. "Later on," Smith added, "when they were putting in a large mobile home park across the road from us, Concord asked to run a line from my great-uncle's across our land to those homes. My dad told them they couldn't pay him enough to let them do that, because they hadn't seen fit to electrify our farm years ago."

Today the Smiths make the most of their grandfather's investment. Over the years they've raised hogs, produced duck eggs, and now raise chickens for Tyson, about 190,000 at a time in eight growing houses.

Thrower Farms, Hoke County

Hal Thrower's family actually owns two Century Farms: his mother's family land in Robeson County, and his father's family land in Hoke County.

"I believe the original deed goes back to the 1790s, and the old house has been there from about the 1880s," says Thrower about the Jane Thrower farm. The Harold Thrower farm in Hoke County dates back to 1875.

Thrower leaves the farming to others. He is a field engineer for Lumbee River EMC.

Carole Howell is a freelance writer in Lincoln County.

Our farm

Before I began writing this story, I'd never heard of a North Carolina Century Farm. What I knew is that my own family's farm was purchased by my great-grandfather around the time of the Civil War and that the two-story house he built for himself and his bride in the 1880s stands today.

From the start, my great-grandparents grew cotton, kept mules for plowing, pigs and cattle for bacon and stew, an apple orchard, and a large garden of vegetables to feed a growing and extended family. Today we grow soybeans and hay, muscadine grapes and blueberries.

They hauled water from the spring and lit the evenings with lamp oil. There was no electricity until the Rutherford EMC ran the lines that brought my family into the age of water pumps and electric lights. A trip to the Register of Deeds office even revealed two entries signed by my grandmother granting right of ways to the electric co-op; one in 1948 and another in 1950.

The research has been fascinating, and I now have all the documentation I need to apply for Century Farm status, a symbol of pride for family and a farming heritage.

—CH

Keeping Wildlife Wild

We can attract and enjoy watching animals while helping them remain wild

By Amy Ney

Raccoons and other wildlife aren't meant to eat people food or pet food. This can make them sick.

According to the Southern Forest Resource Assessment Summary Report in 2002, "the South could lose about 12 million forest acres (about eight percent of forest land) to urbanization between 1992 and 2020." As urban areas increase, wildlife habitat tends to decrease. But, over 50 percent of the 751 million acres of forest land in the U.S. is privately owned. Owners of large and small acreage have a huge opportunity to increase wildlife habitat and help foster native populations of animals without making them tame or dependent on humans.

Feeding a bear may be a neat experience, but it also can be dangerous. Bears and other animals that become dependent on human food sources can damage property (even if it's just your garbage cans that contain delicious-smelling food scraps) or even attack and cause bodily harm. Always remember that wild animals are just that: wild. If fed repeatedly, animals are adaptable and can learn to keep coming back, whether or not you or your neighbors want them to. Animals drawn to urban areas for easy food may be injured or killed trying to cross roadways. Not to mention that raccoons and other wildlife aren't meant to eat people food or pet food; this can make them sick. Most importantly, by repeatedly feeding wild animals, we make them less wild and impede their ability to care for themselves.

The best way to keep wildlife wild is to promote native wildlife habitat. Even with less than an acre of land, there are many simple ways that landowners can foster the food, water and shelter that wildlife need to survive. Providing a variety of trees and shrubs is ideal. Bears, deer, turkeys and squirrels love acorns, a good example of hard mast. Excellent soft mast plants for a variety of native mammals include black cherry, dogwood, sassafras and berries. Trees and bushes that fruit in the winter, such as hollies or beautyberry, provide valuable food sources in a season when food may be scarce.

Water features such as streams and ponds are necessary, both for drinking and as a travel corridor. Providing cover plants (shrubs and trees, not just grass) along stream banks is essential for providing safety for animals. Shelter can range from trees and shrubs to downed logs and standing dead trees, or snags, that provide both food and shelter for a variety of birds, chipmunks, bears, foxes and amphibians like salamanders and turtles. Artificial brush piles placed strategically near food sources and other natural cover can provide shelter for ground-nesting birds, rabbits and other small mammals. Edges, where two different habitat types meet (such as meadow and forest), usually have more plant and animal diversity. Landowners can mimic edges by having various heights of plants on their property: native trees, shrubs and smaller herbaceous plants intermixed. Using native plants helps feed the local native wildlife that are adapted to those food sources.

So instead of just giving wildlife a handout, give them a hand up by providing native food sources, cover and water. Your local Cooperative Extension agent can help you choose which methods to apply.

Amy Ney is a freelance writer with a background in private land management. She lives in Haywood County and is a member of Haywood EMC.

Don't tempt them

Homeowners sometimes inadvertently attract wildlife by leaving desirable items outside.

- Keep pet food inside.
- Clean your grill after using it to remove odors.
- Turn your compost bin regularly to keep it from smelling.
- Take out your trash in an approved container (not just a trash bag) the morning of trash collection rather than the night before.
- Bring your bird feeder in at night (in some areas, this may mean keeping your bird feeder inside while bears are awake and only putting it outside while they are hibernating).

Resources

forestry.ces.ncsu.edu/forestry-wildlife
woodlandstewardseries.org

Is it safe to throw used batteries in the trash?

Disposable alkaline batteries these days contain safe common metals. Some "button cell" batteries are different.

Those old, used up disposable alkaline batteries (AA, AAA, C, D, 9-volt, etc.) aren't the environmental menace they used to be. With the Mercury-Containing and Rechargeable Battery Management Act of 1996, the federal government mandated taking out the mercury, a neurotoxin linked to a wide range of environmental and health problems. These days, in every U.S. state except California (which requires the recycling of all spent batteries), it is safe and legal to throw them in the trash.

Environmental Health & Safety Online, the leading web-based clearinghouse for information on environmental health and safety, reports that today's alkaline disposables are composed "primarily of common metals—steel, zinc and manganese—that do not pose a health or environmental risk during normal use or disposal."

In California, tighter waste reduction laws mean that residents are required to recycle their spent alkalines by placing them in clear Ziplock bags on top of their curbside trash cans (so garbage haulers can keep them separate) or by dropping them in battery recycling bins (such as in larger apartment buildings and at libraries). Many electronics, big box and drugstore chains that sell batteries (Best Buy, Walgreens and others) will also take them back for free and send them off for recycling.

Unfortunately, some other kinds of disposable batteries, such as the increasingly ubiquitous alkaline manganese "button cells" (commonly used in digital thermometers, calculators and many toys), still contain mercury, and the federal government provides little guidance regarding their proper disposal. The Mercury-Containing and Rechargeable Battery Management Act doesn't mandate phasing mercury out of alkaline manganese button cells because, at the time of the law's passage in 1996, including mercury was the only way to control the formation of gas inside the specialized miniature batteries. Lithium button cells are a safer, mercury-free alternative now widely available, but consumers often opt for the still cheaper alkaline manganese variety.

"The use and disposal of mercury-added button cells are unregulated at the federal level," reports the U.S. Environmental Protection Agency (EPA). "They do not have to be labeled; it is legal to dispose of them in the household trash; and they rarely are collected for recycling in most U.S. jurisdictions." California is currently the only state that mandates recycling even for alkaline manganese button cells, but several other states are considering regulating their disposal and whether or not to subsidize special recycling programs for them. But until more changes occur, most of the mercury from these little wonders will end up in the municipal solid waste stream.

Fortunately, the recycling of most types of rechargeable batteries (which can contain potentially harmful heavy metals and other contaminants) remains easy thanks to an industry-backed program called Call2Recycle. It points people toward recyclers and retailers across the U.S. and Canada happy to take them off your hands at no cost.

From EarthTalk, by Doug Moss and Roddy Scheer of Earth Action Network. See past columns at earthtalk.org.

Resources

Environmental Health & Safety Online: ehso.com

Call2Recycle: call2recycle.org

A juicy July 4th

Dazzle your guests with this nutritious dessert

Independence Day only comes once a year, so make it count and invite your favorite guests over for a flavorful, festive event. You'll go out with a bang when you serve up these palate-pleasing dishes at your patriotic party.

Watermelon boasts sweetness and nutrition at a great value. Loaded with vitamins A, B6 and C, as well as antioxidants and heart-healthy amino acids, this fruit is a welcome addition to a summer spread. A two-cup serving of watermelon is a source of phosphorous, magnesium and potassium, a mineral necessary for water balance.

—FamilyFeatures.com

Red, White and Blue Watermelon Cake

- 1 seedless watermelon
- 1 cup low or no-fat natural vanilla flavored yogurt
- 1 cup sliced almonds
- 1 cup blueberries
- 1 cup sliced strawberries

Place watermelon on side on cutting board.

Cut 3–5 inches off each end to create large center slice between 3–5 inches in depth. Trim off outer rind. Then cut watermelon slice into 6–8 pie-shaped wedges. Blot edges with paper towels to absorb excess moisture.

Dip the back (curved) side of each slice in yogurt and then almonds, re-assembling pieces on serving platter as each piece is completed.

When finished, it will look like a piecrust of almonds around watermelon slices. Frost top of reassembled watermelon with remaining yogurt and decorate top with berries. Serve cold.

Servings: 6–8

Watermelon Popsicles

For easy, delicious popsicles, try watermelon slices on sticks. You can freeze, them, too, for a refreshing treat later. They're fun to serve at parties, and kids love them.

- 5–15 watermelon slices
- 5–15 popsicle sticks

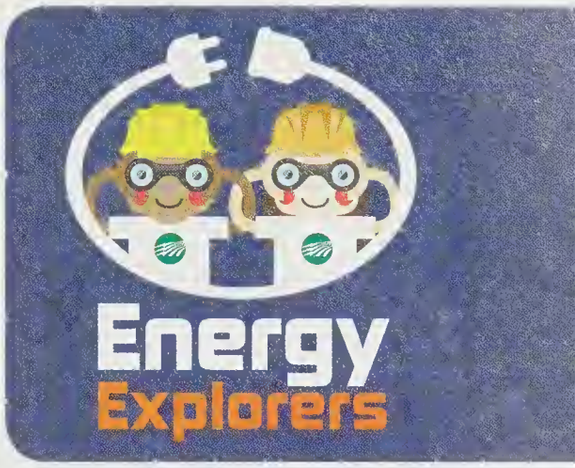
Cut a watermelon into triangular wedge shapes, about ½ to 1" thick, with the rind ends roughly 2½ to 3 inches wide. Insert sticks 1½ inches below the rinds and serve!

For more recipes, visit watermelon.org

Are you energy efficient?

Complete the crossword puzzle and find out!

Always remember to practice energy efficiency at home, and tell your friends and family about the tips you've learned below.

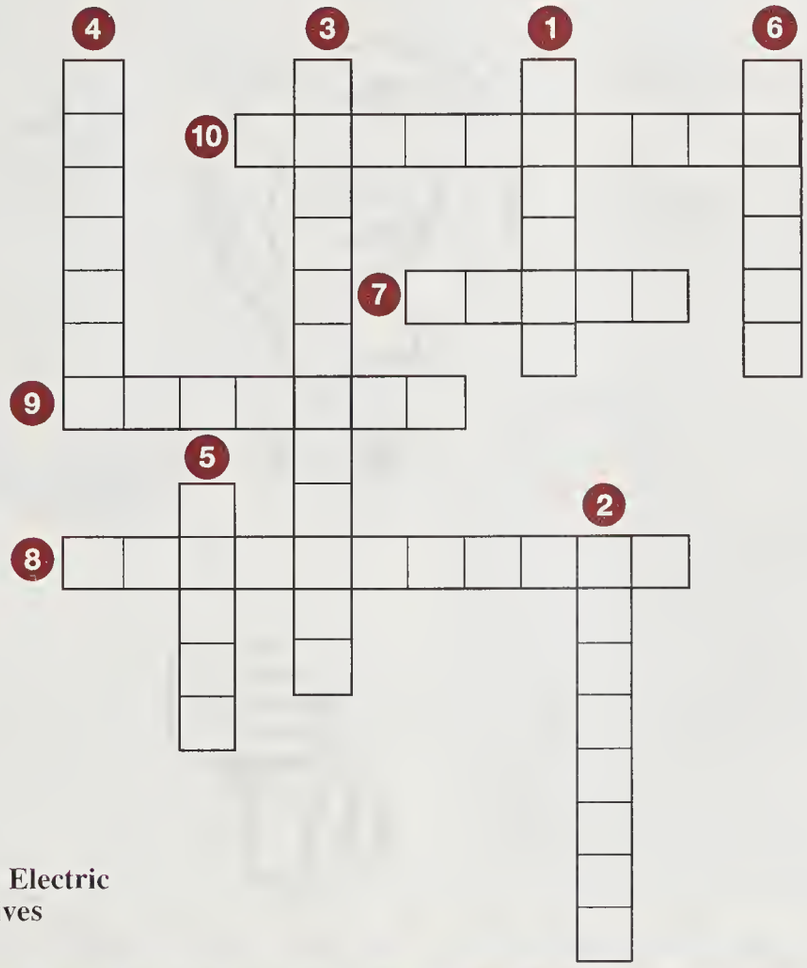


DOWN

1. Turn off the _____ when no one is in the room.
2. On sunny days open the _____ for natural sunlight instead of turning on the lights in your home.
3. Avoid leaving the _____ door open for long periods of time. This prevents cold air from escaping while you are looking for food.
4. Keep all _____ and doors closed while the heat or air is running.
5. Make sure none of the _____ in your home are blocked. Blockages will prevent your heat or air from circulating properly.
6. Try to develop _____ efficient habits now. This will help you save energy and money for the future.

ACROSS

7. Don't leave the _____ running when you brush your teeth.
8. Turn off and unplug all household _____ (i.e. chargers, computers, toasters) when you aren't using them.
9. Take _____ more frequently than baths to help save money on water bills.
10. Don't leave your _____ on when you leave the room. If no one is watching it, turn it off.



America's Electric Cooperatives

Outdoor events at the N.C. Museum of Art

The summer lineup includes popular movies and acclaimed bands

Each year, the North Carolina Museum of Art in Raleigh offers a packed summer schedule of outdoor concerts and movies. This year's lineup kicked off late May, and there are plenty of fun events for singles, couples and families to enjoy through September 25. Prices vary but children 6 and under are admitted free.

Concerts

(Concert tickets are discounted for museum members.)

Paris Combo performs Saturday, July 11. The vocal power of chanteuse Belle du Berry and the musicianship of David Lewis (piano, trumpet), Potzi (Django-style guitar), and François Jeannin (percussion) make up Paris Combo's fun-loving mix of jazz, French pop, cabaret, gypsy, Latino, and Middle Eastern rhythms. Tickets: $29–$40

Punch Brothers performs Thursday, July 16. The virtuosic quintet features Chris Thile on mandolin. New Yorker magazine writer Alec Wilkinson describes its music as "bluegrass played by musicians who have also been schooled in jazz, classical music, and rock and roll." Tickets: $29–$40

An Evening with The Mavericks is set for Saturday, August 29. A roots-rock and country band with a Latin twist, The Mavericks thrill audiences with its rhythmic fervor. Drawing on a mix of classic country, cow-punk, and standards, it gets people moving and grooving. Tickets: $29–$40

Paperhand Puppet Intervention puts on three kid-friendly shows Friday through Sunday, September 11–13. Fabricating fantastical worlds with ordinary materials, Paperhand has been wowing audiences for nearly 15 years. Each year's production is new, but all feature giant puppets, stilt dancers, shadow puppets, and live music. Tickets: $8.50–$17

An Evening with Dawes closes the season with a performance on Friday, September 25. The young southern California folk-rock band (think old-school canyon rock of the '60s and '70s) features brothers Taylor and Griffin Goldsmith. The band has been soaring since 2009. Tickets: $24–$35

Films

(All movie tickets are $5 for non-members; free for members.)

"How to Train Your Dragon 2"
Friday, July 10, 9 p.m.

"To Kill a Mockingbird"
Friday, July 17, 9 p.m.

"Selma"
Saturday, July 18, 9 p.m.

"The Theory of Everything"
Friday, July 24, 9 p.m.

"Jaws"
(introduced by shark expert Dr. Charles "Pete" Peterson)
Saturday, July 25, 9 p.m.

"Pride"
Friday, July 31, 9 p.m.

"The Book of Life"
Saturday, August 1, 9 p.m.

"Big Hero 6"
Friday, August 7, 9 p.m.

"Whiplash"
Friday, August 14, 9 p.m.

"The Big Lebowski"
Saturday, August 15, 9 p.m.

"2001: A Space Odyssey"
Friday, August 21, 8:30 p.m.

"Interstellar"
Saturday, August 22, 8:30 p.m.

"Boyhood"
Friday, August 28, 8:30 p.m.

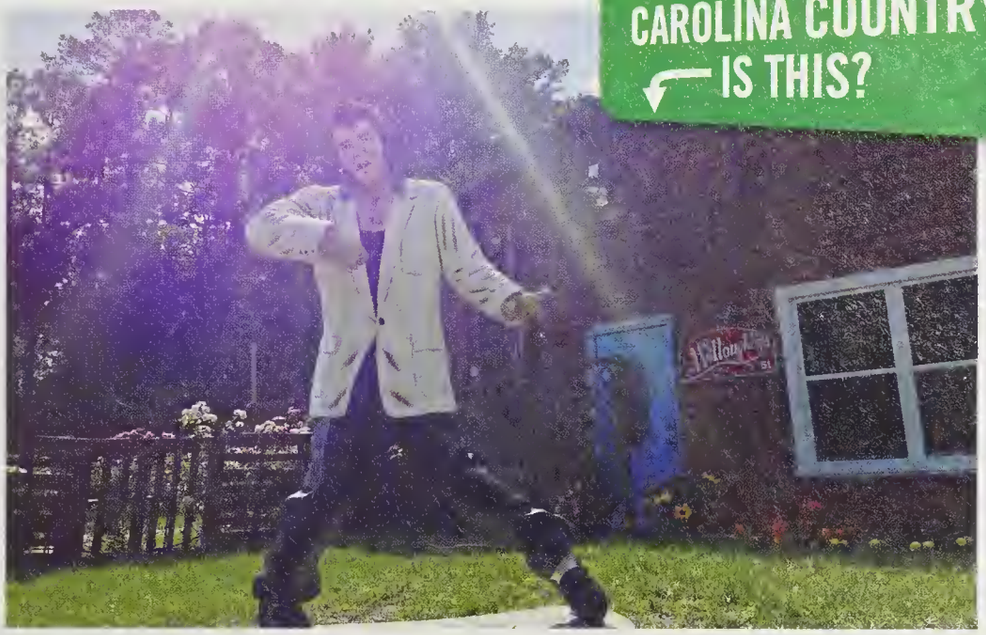
"Guardians of the Galaxy"
Saturday, September 5, 8:30 p.m.

"The Sound of Music"
Saturday, September 19, 8 p.m.

Visitor information

Concerts and movies are held in the Museum Park. Concessions, including beer and wine, are available at movies. Visitors are also welcome to bring picnics (excluding alcohol). Non-alcoholic beverages, including water, must arrive in factory-sealed containers. The museum's restaurant, Iris, offers eclectic summer fare during concerts. For more information and to buy tickets, call (919) 715-5923 or visit ncartmuseum.org.

WHERE IN CAROLINA COUNTRY IS THIS?



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by July 7 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our August issue, will receive $25. To see the answer before you get your August magazine, go to "Where Is This?" on our website carolinacountry.com.

June

June winner

Dozens of you recognized the picture in June's magazine. It shows a building at one of the corners in Spiveys Corner, Sampson County. The former Mingo Masonic Lodge met upstairs. Monnie Wooten told us Earl Lockamy may have had a store in there at one time, too. The winning entry chosen at random from all correct submissions came from Ronie Robinson of Clinton, a member of South River EMC.

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I Remember...

The glider that landed in our field.

Excitement for the Fourth of July

One morning the week of the Fourth of July 1944, planes flew through Randolph County with gliders attached to them. One came over my father's farm, and the glider had to be detached when the winds became too brisk. Our field consisted of a few cleared acres with an electric line running several yards to our farm house. When the glider was detached, the military officer was concerned it might not clear the electric lines, but fortunately it did. It had landed in front of what is now Solid Rock Baptist Church in Randleman on the right side of the road.

I took my camera and rushed to the scene. Two military officers were assessing the damage. One noticed I had a camera and told me I was not to take any pictures. I had already snapped this one and was not questioned.

It was not long until word spread and spectators came to view what had happened. My mother prepared lunch for the guys.

The glider stayed grounded for two days. A crew came from Fort Bragg to disassemble the glider, and they took it back to the base.

Margaret Anderson, Randleman, Brunswick EMC

Grape Kool-Aid

As a young kid, I spent a lot of my summer vacation days with my Grandma. She was a very sweet, kind, hardworking person. I can remember summer days at her place playing in the creek with my bare feet, running races and hiking all around her 11-acre farm. I would climb trees, fish and rummage through the old barn.

My fondest memories were about the grape Kool-Aid Grandma prepared for me after a long day of playing. Grape was my favorite flavor, and it was fun knowing that when I came in dirty, wet, sweaty and tired, that I would have a full glass of that great drink waiting for me. Plus, Grandma always had fresh-baked cookies, fudge and cakes waiting for me too.

Rana Williams, Hayesville, Blue Ridge Mountain EMC

Grandma and me in her kitchen when I was 7 years old.

SEND US YOUR *Memories*

We'll pay **$50** for those we publish in the magazine.

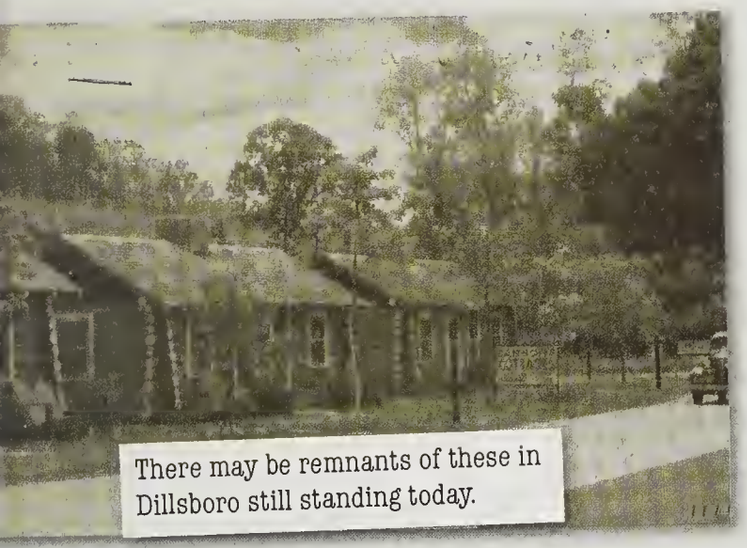
Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. Only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative. Also, your phone number or e-mail address in case of questions.
7. **Online:** carolinacountry.com/contact
   E-mail ("Memories" in subject line.): iremember@carolinacountry.com
   Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

The cabin courts

In the old days there were no big hotels and motels, just cabins and cottage courts that you could rent by the day. These were all along the tourist travel routes throughout the South. Two or three are still standing in Lincolnton at the junction of Hwy. 27 and Hwy. 150 behind the antique shop on Hwy. 150.

Russell Hunt, Lincolnton, Rutherford EMC



There may be remnants of these in Dillsboro still standing today.

Camping and crabbing

Growing up around saltwater meant dinner was usually not too far away. In my high school days, my old rusty Chevy Nova always had a crab net in the trunk with several other culinary necessities like a Coleman stove and various pots and pans. There were also a few cotton strings that found a patient hand on one end and a fish head at the other. Obtaining crab bait was simple. Just hit the fish-cleaning table at the local pier. There were crabs everywhere back then! The sounds, inlets and tidal marshes held endless possibilities. My personal limit was to quit when the first crab climbed out of a five-gallon bucket.

I remember camping with my surfing buddies at the Cape Point campground at Cape Hatteras back in my teens. We would camp for months and were really good at adventures. One day we hit the crab jackpot. We picked crabs for hours after I agreed to make my famous crab cakes.

When all the crabs were picked, we headed out through the campground to search for the ingredient each of us was assigned to get. Most were easy to find since everyone felt a little sorry for us young, starving school boys.

Just before sunset my dinner was served: crab cakes sautéed in wild onion and Hatteras Island bay leaf-infused butter, with fresh fried bluefish on the side. About then, our kind neighbors walked over to share some grilled hotdogs. I wish you could have seen their faces when they saw what we were getting ready to dine on!

Kevin McCabe, Buxton, Cape Hatteras Electric

Granddaddy's farm truck reeked of metal, sweat and hay.

Watermelon

When summer reaches its peak, a sweet memory visits me: cow fields of lush green grass on Granddaddy's farm in Beaver Dam. Granddaddy's hair was white as angels' breath, and he wore thick lens glasses that always looked too large for his face.

I enjoyed riding in his 1970s Ford farm truck. He kept a Maxwell House coffee can on the center hump of that old truck and a cheek full of tobacco. His worn leather gloves made his hands look large for his thin frame, and when he reached down to grab the cup to spit, his flannel sleeve would pull up revealing dark tattoos on tan skin that told stories of long ago.

That old truck reeked of metal, sweat and hay and would creak and shake as we ran over potholes on the dirt road along a shady creek. I often accompanied him when it was time to feed the chickens or cows. Cows hunkered down in the shade would glance lazily at us as we slowly rolled by. Rommel, Granddaddy's black and gold German shepherd, would trot alongside, and every so often was lucky enough to catch a ride in the pickup's bed.

One sunny day, Granddaddy loaded up the bed of his truck with grandchildren and freshly picked farm-grown watermelons. While riding on that wheel well, I remember looking up to see large clouds of cotton float through a blue sky. The truck stopped under the shade, the tailgate slammed down and out spilled bare-footed grandchildren in cut-off jeans.

Watermelon on a warm sunny day is a richly sweet treat like velvet to your tongue. Each grandchild grabbed a slice and found a spot among the shade. Sticky sweet juice rolled down my chin and collected in the dirt, drawing an audience of ants.

When my grandfather died in the Veterans hospital in Fayetteville on Aug. 29, 1993, at age 82, the memory of shady trees and watermelon came to me stronger than ever before.

Charles Jason Canady, Fayetteville

BAKED BEANS For flavor fireworks!

By Carole Howell

July 4th means festivals, fireworks, family picnics and the perfect time to celebrate a summer favorite, baked beans. For us, the centerpiece of this annual freedom celebration is a grilled hot dog topped with homemade chili and slaw served beside a generous helping of thick, sweet, spicy baked beans and creamy potato salad.

Native Americans simmered beans in bear fat and maple syrup. Boston became "Beantown" in the 1700s when molasses began to arrive in Boston harbor for rum production.

Over the years the recipe has evolved, but everyone can agree on the basics: a little pork for a smoky flavor, a little brown sugar or molasses for sweetness, and a little catsup or barbecue sauce to hold it all together. In North Carolina, where barbecue is famous and plentiful, baked beans are a special favorite; truly a magical fruit with a place at the table.

Matt Barry, head chef at Midwood Smokehouse, knows a little about baked beans. At his Charlotte restaurant, they make nearly 150 pounds of baked beans every other day to serve with their own wood-smoked ribs, pork and beef, hush puppies, pickled onions, macaroni and cheese, and North Carolina beers.

"We start with pork and beans," said Berry, "and add red and green bell peppers, onion, spices and brown sugar, chopped barbecued pork, and bacon. We get a nice smoky flavor from the pork."

He said there are no real secret ingredients to Midwood's signature baked beans, but he does add a Cajun seasoning blend that includes cayenne for a bolder taste.

One thing that really scores with customers is the way Milwood finishes their beans, baked uncovered with a generous sprinkling of brown sugar on top to form a caramel-like crust.

Hungry? Making your own delicious baked beans from scratch isn't hard, feeds an army, and definitely deserves a place at your next summer cookout or potluck. If you like them sweeter or spicier, feel free to experiment with the recipe and watch them disappear.

Carole Howell is a freelance writer in Lincoln County and a member of Rutherford EMC.

Baked Beans Quintet

This recipe is easy to assemble and makes more than enough for seconds.

- 6 slices bacon
- 1 cup onion, chopped
- 1 large bell pepper, chopped
- 1 clove garlic, minced
- 1 regular can each of butterbeans, lima beans, red kidney beans, and chick peas, rinsed and drained
- 1 regular can pork and beans, undrained
- ¾ cup catsup
- ½ cup molasses
- ¼ cup firmly packed brown sugar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon prepared yellow or spicy mustard
- ¼ teaspoon black pepper

Cook bacon in a large skillet until crisp. Remove bacon, reserving drippings. Crumble bacon and set aside. Slowly cook onion, bell pepper, and garlic in drippings on low heat until tender and drain any excess fat. Combine bacon, onion and garlic mixture in a large bowl and stir in the beans. In a smaller bowl, mix the rest of the ingredients and add to the bean mixture. Spoon into a lightly greased 2½-quart bean pot or baking dish. Cover and bake at 375 degrees for 1 hour.

Serves 12–14

Sweet and Spicy Baked Beans

Here's a more modern recipe that gets some of its sweetness from molasses and maple syrup topped off with a kick of heat. Feel free to omit the jalapeños if your taste buds prefer a sweeter dish — the dry mustard will provide the spice.

- 6 ounces bacon, cut crosswise into ¼-inch slices
- 1 large onion, finely chopped
- 1 large bell pepper, finely chopped
- 3 cans (15.5 ounces each) cooked navy or great northern beans, undrained
- 3 tablespoon brown sugar
- 3 tablespoon molasses
- 3 tablespoon real maple syrup
- ¼ cup catsup
- 1½ tablespoon dry mustard
- 2 tablespoon Worcestershire sauce
- 2 tablespoon apple cider vinegar
- ½ teaspoon liquid smoke
- ¼ teaspoon each salt and pepper
- ¼ cup pickled jalapeño peppers, finely chopped (optional)

Brown bacon, onion and green pepper in a large saucepan over medium heat until bacon fat renders and the onions are transparent and golden.

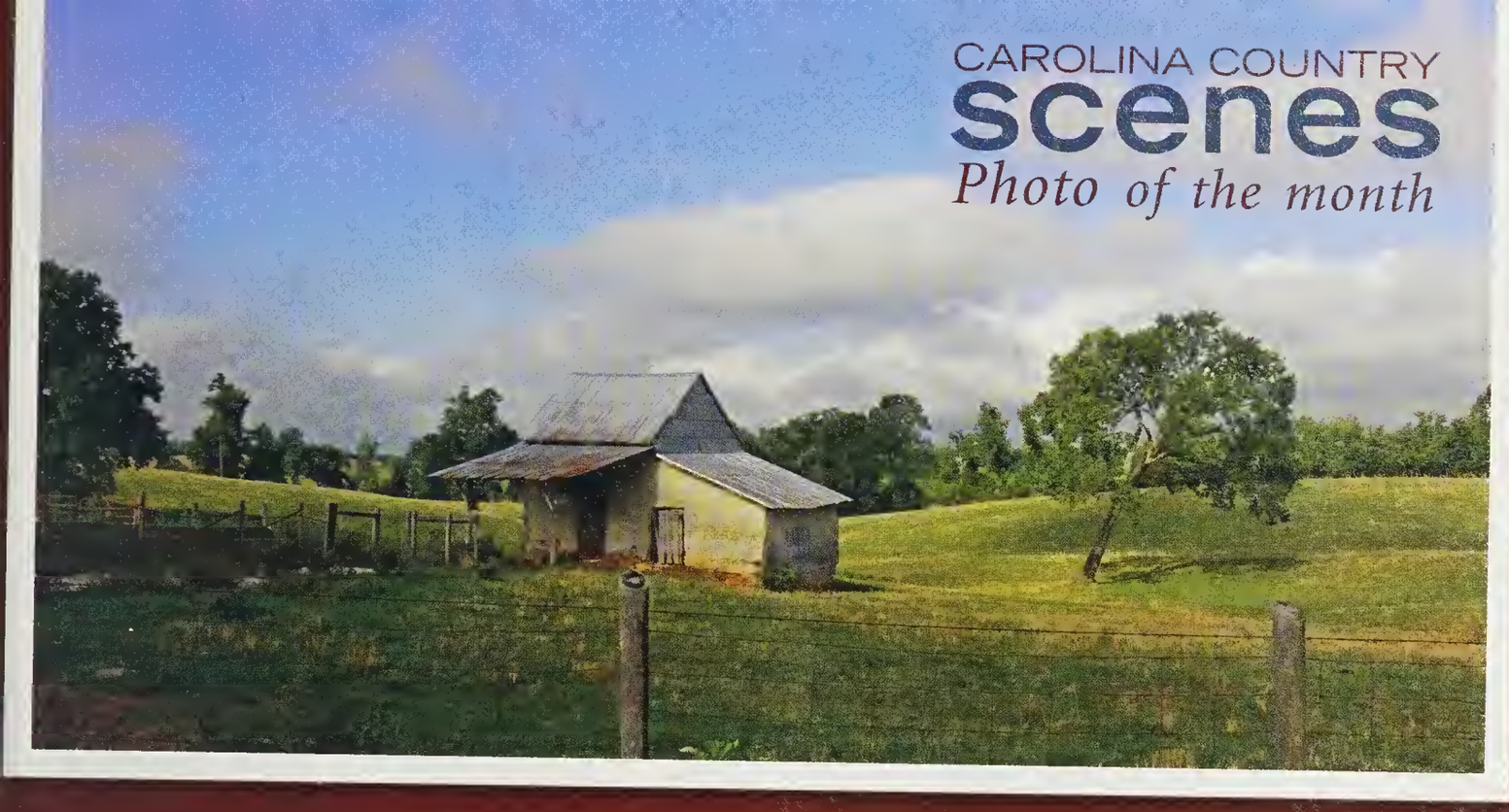
Add all the other ingredients except the salt, pepper and jalapeños. Gently simmer until the beans are richly flavored, 30 minutes, adding small amounts of water as needed to prevent burning. Taste and add salt and pepper as desired. Add jalapeños during the final minutes of cooking.

For true baked beans, simmer the mixture for five minutes and transfer to a 13-by-9-inch aluminum foil pan or casserole dish. Bake uncovered in a 350 degrees oven for 30 minutes or until bubbly. Stir in jalapeños just before serving.

Serves 10–12

A squirt of this and a pinch of that

The best baked beans recipe is the one that suits your taste buds. Besides the basics, other ingredients to try include ground ginger, crushed red pepper flakes, ancho chili powder, adobo sauce, crushed pineapple and smoked deli ham.



Person County landscape

After a couple days of working around the house on our rainy vacation last July, my wife and I decided to take a trip to Danville, Va. The rainy week gave way to a beautiful day. Driving along Hwy. 57 through Person County towards Danville, we thought the scenery seemed like a finely painted landscape.

Floyd Adams, Timberlake, Piedmont EMC

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2015 photo contest ("Carolina Country Scenes," February 2015). See even more at the Photo of the Week on our website **carolinacountry.com**.

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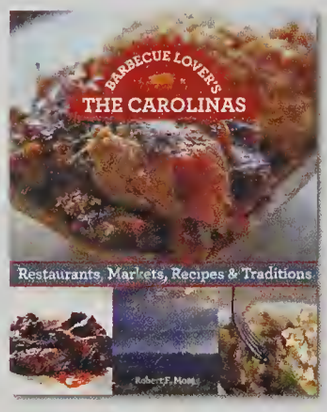
on the bookshelf

Barbecue Lover's The Carolinas



This reference guide can help those looking to immerse themselves in the culture of Carolina-style barbecue. It features the history of the culinary style in North and South Carolina, and serves up distinctly regional sauces and signature side dishes from pitmasters. Perhaps most importantly, it tells you where to consume the author's "best of the best" barbecue offerings (be it sliced, pulled or chopped). It also includes maps, full-color photographs, notes on wood types and tips for cooking your own pork shoulders and whole hogs, as well as colorful stories from pitmasters and trendsetters. "Barbecue Lover's The Carolinas" is written by Robert F. Moss. Softcover, 217 pages, $21.95; e-book $20.99.

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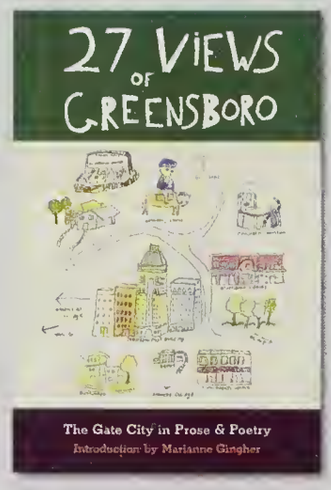
27 Views of North Carolina Cities



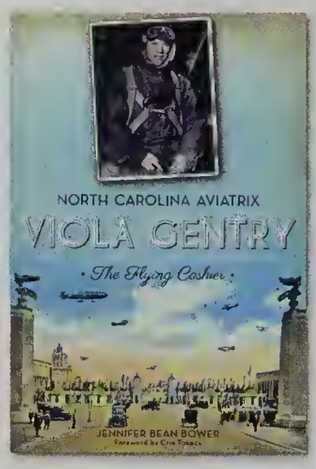
Eno publishers has two more city-featured books out in its local anthology series for residents and visitors alike. "27 Views of Greensboro: The Gate City in Prose & Poetry" features contemporary writers who create a sense of place (and also explain why Greensboro is nicknamed "The Gate City"). From the iconic civil rights struggle to the recent revitalization of downtown, the writers explore Greensboro through the lens of history, storytelling and memoir. With an introduction by novelist Marianne Gingher, the book includes works by Allen Johnson, Lorraine Ahearn, Tina Firesheets, Linda Beatrice Brown, Jeri Rowe, Logie Meachum, Val Nieman, Diya Abdo, Ann Deagon, Lee Zacharias, Drew Perry, Quinn Dalton and others. Softcover, 236 pages, online price is $12.95, or $15.95 by check; e-book $6.75.

"27 Views of Charlotte: The Queen City in Prose & Poetry" offers insights into the city best known for banking, NASCAR and growth. Journalists, novelists, poets, historians and essayists offer readers a broad and varied picture of life in the Queen City, past and present, with an introduction by former newspaper columnist and editor Jack Claiborne. Contributors include Mark de Castrique, Cathy Pickens, David Goldfield, Fannie Flono, Mary Kratt, Rye Barcott, Judy Goldman, Aimee Parkinson and others. "27 Views of Charlotte: The Queen City in Prose & Poetry" is softcover, 208 pages, online price is $12.95 or $14.95 by check; e-book $7.45.

Other books published in the 27 Views series include looks at Hillsborough, Asheville, Chapel Hill, Durham and Raleigh.

enopublishers.org

North Carolina Aviatrix



Viola Gentry of Rockingham County learned to fly in 1924 and quickly achieved greater heights. The following year, she took her first solo flight. A year later, the aviatrix flew under the Brooklyn and Manhattan bridges, and in 1928, she established the first officially recorded women's solo endurance flight record. She became the first federally licensed female pilot from North Carolina that same year. She was a national celebrity, and her job in a New York restaurant secured her the nickname the "Flying Cashier." Gentry became personal friends with fellow pioneers of aviation Amelia Earhart, Wiley Post and General James "Jimmy" Doolittle. After a near-fatal crash, Gentry focused her efforts on championing aviation for women and preserving its early history. "North Carolina Aviatrix Viola Gentry: The Flying Cashier" is written by Jennifer Bean Bower of Winston-Salem. Softcover, 192 pages, 92 B&W images, $19.99.

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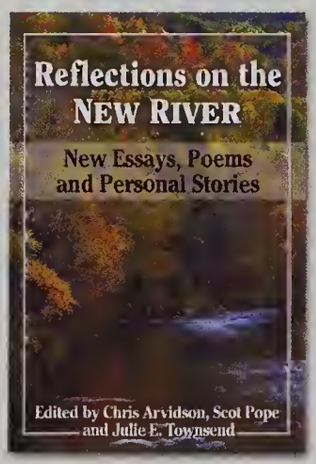
historypress.net

Reflections on the New River


Reflections on the NEW RIVER
New Essays, Poems and Personal Stories
Edited by Chris Arvidson, Scot Pope and Julie E. Townsend

From its headwaters in western North Carolina near the Tennessee line, the New River runs north 337 miles, cutting through the Blue Ridge Mountains of Virginia and West Virginia on its way to the Ohio. No big cities inhabit its banks—just a few small towns along the way—and it carries no significant commercial traffic. The New River's age is debated, but it is certainly one of the world's oldest rivers. This anthology assembles history, poetry, essays and stories by writers who have been inspired by the secluded river, and from those whose lives are connected to its flow. Contributors hail from Ashe, Alleghany, Watauga and Wilkes counties in North Carolina, as well as Virginia and West Virginia. The editors are writer Chris Arvidson of West Jefferson, photographer Scot Pope of Creston and writing instructor Julie E. Townsend of Fleetwood. Published by McFarland of Jefferson. Softcover, 188 pages, $19.99.

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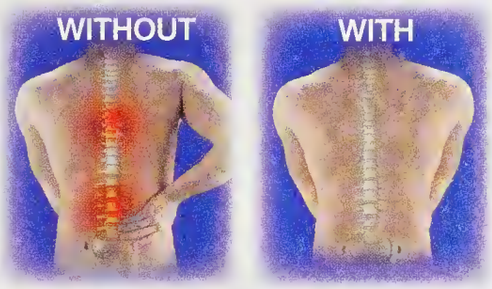

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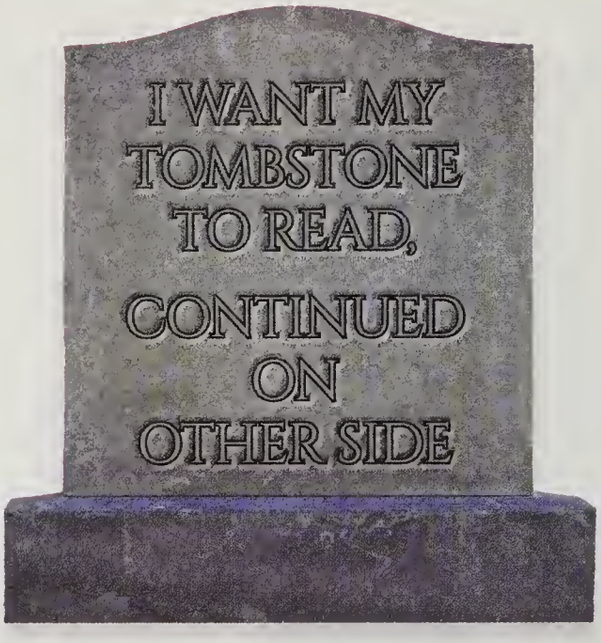
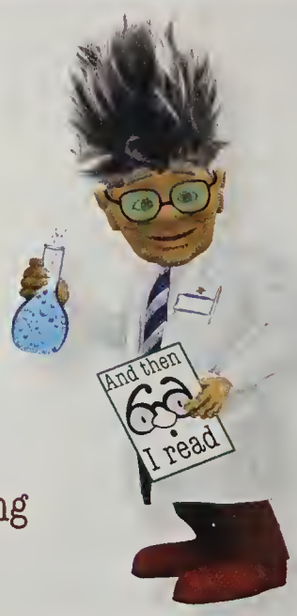


And then I read...



The scientific word for silicosis (a respiratory disease caused by inhaling silica dust):

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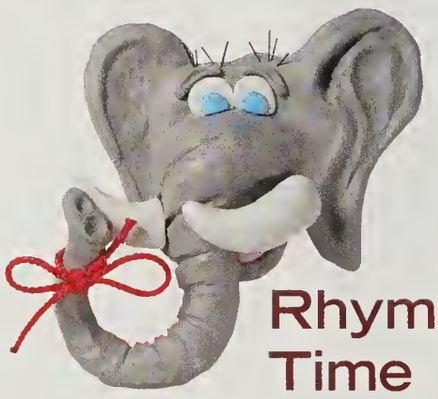

Rhyme Time

A memory like an elephant
remembers all things relevant.

But sometimes it is better
to have a good forgetter.

–*cgj*

MATCHBOXES

4	3	7	2	7	4	3
I	L	R	E	R	I	L

x 2E

T					T	

4	5	6	6	6	0	1
I	N	Y	Y	Y	G	O

x 2E

C						

Solve these two multiplication problems and write your answers in the box tops. Then match letters to the digits to find the name of the college that moved from Randolph County to Durham to become Duke University.

EQUATOR

5 6 7 8 9

Using the digits above only, can you create an equation on the blanks below? The answer is a perfect square.

_ _ x _ _ _ = _ _ _ _ _

UNSCRAMBLIT

The Pundit describes
sunbathing as a _ _ _
c l d
in the _ _ _ _ _ _ _ _ _.
b r m e a s m e

Use the capital letters in the code key below to fill in the blanks above.

E F I M N O R T Y means
s c r a m b l e d

For answers, please see page 41

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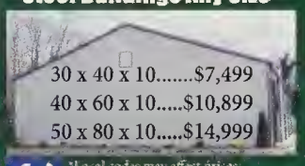

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July Events

Beginning July 1, Alamance Arts will host the only North Carolina exhibit of works by renowned glass artist Dale Chihuly. "Chihuly Venetians" focuses on Chihuly's fascination with Venice, Italy, and features 47 vessels, 12 drawings and a monumental chandelier. Up through Oct. 15 at the Capt. James and Emma Holt White House in Graham. (336) 226-4495 or ***alamancearts.org***

Mountains (west of I-77)

Weekend Family Discovery Programs
July 3–5, Chimney Rock Park
(828) 625-9611
chimneyrockpark.com

Fireworks Extravaganza
July 4, Blowing Rock
(877) 893-3874
tweetsie.com

Fourth Of July Celebration
July 4, Sylva
(828) 586-2155
mountainlovers.com

Christmas In July Festival
July 4, West Jefferson
(336) 846-9196
christmasinjuly.info

Freedom Arts & Craft Show
July 4–5, Lake Junaluska
(828) 648-0500
bracaorg.com

Scooby-Doo & Shaggy
July 10–12, Blowing Rock
(877) 893-3874
tweetsie.com

Independence Celebration
July 11, Taylorsville
(828) 320-7492

N.C. Blackberry Festival
July 11, Lenoir
(828) 726-0616
ncblackberryfestival.com

Your Stories Need To Be Told
Storytelling workshop
July 11, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

Summer Concert With Pastyme
July 12, Blowing Rock
(828) 295-9099
blowingrockmuseum.org

A New State Of Energy
Appalachian Energy Summit
July 13–14, Boone
(828) 262-2659
sustain.appstate.edu/energy-summit

Arts & Crafts Market
July 18, Dillsboro
(828) 506-8331
visitdillsboro.org

Mountain Excursion
July 18, Chimney Rock Park
(828) 625-9611
chimneyrockpark.com

High Country Crank Up
Carolina Fly-Wheelers, demos, ice cream
July 23–25, Boone
(828) 773-6415

Bluegrass & Old Time Fiddlers
July 24–25, Jefferson
(336) 846-2787
ashefiddlersconvention.org

Arts & Crafts
July 24–25, Sparta
(770) 309-3611
absolutelyalleghany.wordpress.com

World Ranger Day
July 31, Chimney Rock Park
(828) 625-9611
chimneyrockpark.com

ONGOING

Street Dance
Monday nights, Hendersonville
(828) 693-9708
historichendersonville.org

Midweek Motoring Car Cruise
Wednesdays, Murphy
(828) 516-2259
Facebook.com/Eastern Hot Rodder

Historic Carson House Guided Tours
Wednesday through Saturdays
(828) 724-4948
www.historiccarsonhouse.com

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

Last Shot Fired
150 Anniversary Civil War
(800) 334-9036
visitncsmokies.com

Liberty Mountain
Revolutionary War Drama
Weekends through July 19, Kings Mountain
(704) 730-9408
KMLibertyMountain.com

Rock School Arts Exhibition
Through July 24, Valdese
(828) 879-2129
visitvaldese.com

Concerts On The Creek
Through Aug., Sylva
(800) 962-1911
mountainlovers.com

Groovin' On The Green
Through Sept. 4, Cashiers
(828) 743-8428
visitcashiersvalley.com

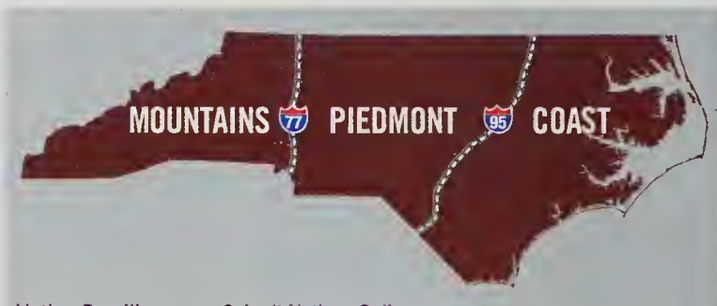
Pigments Of Your Imagination
Alcohol ink paintings exhibit
Through Sept. 30, Lenoir
(828) 754-2486
caldwellarts.com

Cruise In
Second Sat. through Sept., Dobson
(336) 648-2309

Thunder Road Cruise In
First Sunday through Oct., Mount Airy
(336) 401-3900

Friday Night Jam Session
Through Nov. 20, Lake Toxaway
(828) 966-4060
toxawaycc.com

K-9s In Flight Frisbee Dogs
July 18–26, Blowing Rock
(877) 893-3874
tweetsie.com



Listing Deadlines:
For Sept.: July 25
For Oct.: Aug 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

Piedmont (between I-77 & I-95)

July Celebration
Through July 4, Oakboro
(704) 485-8879
oakboro4th.com

Old Fashioned Fourth of July
July 4, Raleigh
(919) 833-3431
joellane.org

Party In The Park
July 4, Hope Mills
(910) 424-4555
townofhopemills.com

July 4th Parade
July 4, Hope Mills
(910) 424-4555
townofhopemills.com

Celebration
July 4, Fort Bragg
(910) 396-9126
fortbraggmwr.com/july4th

Independence Day Weekend
July 4, Henderson
(866) 438-4565
kerrlake-nc.com

Shrek The Musical Jr.
July 10–12, Littleton
(252) 586-3124
lakelandtheatrenc.org

ET—The Movie
July 11, Yadkinville
(336) 679-2941
yadkinarts.org

Ink Making & Quill Pen Writing
July 11, High Point
(336) 885-1859
highpointmuseum.org

Mid Year Pottery Market
July 11, Lincolnton
(704) 732-9055

Paris Combo Concert
July 11, Raleigh
(919) 664-6795
ncartmuseum.org

Star Trek V: The Final Frontier
Movie Sundays Series
July 12, Roxboro
(336) 597-1709
kirbytheater.com

Punch Brothers Concert
July 16, Raleigh
(919) 664-6795
ncartmuseum.org

Summer Concert Series
July 17, Fayetteville
(910) 438-4100
crowncomplexnc.com

Walking Tour Of Washington Street
July 18, High Point
(336) 885-1859
highpointmuseum.org

After 5
July 24, Fayetteville
(910) 323-1934
faydogwoodfestival.com

Ghostbusters—Movie
July 25, Yadkinville
(336) 679-2941
yadkinarts.org

Civil War Discussion & Book Signing
July 25, High Point
(336) 885-1859
highpointmuseum.org

Let's Play! Early American Games
July 25, High Point
(336) 885-1859
highpointmuseum.org

ONGOING

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
www.liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

Fourth Friday
Arts, shopping
Fayetteville
(910) 483-5311
www.theartscouncil.org

A Day At The Farm
Pony rides, bounce house
First Sunday monthly, Carthage
(910) 986-4774
mooreequineevents.com

Old Thresher's Reunion
Through July 4, Denton
(336) 859-2755
farmpark.com

Not Alone
Through July 19, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Art Pottery: Utility To Unique
Through Aug. 16, Fayetteville
(910) 433-1944

Stagville: Black & White Exhibit
Through Sept. 13, Fayetteville
(910) 486-1330
ncdcr.gov

Dale Chihuly Exhibit
Renowned glass artist
July-Oct. 15, Graham
(336) 226-4495
alamancearts.org

Thunder Road Cruise-In
First Sundays through Oct. 25,
Mount Airy
(336) 401-3900

Youth Drama Camp
July 6–17, Yadkinville
(336) 679-2941
yadkinarts.org

Young Frankenstein
Musical by Mel Brooks
July 24–Aug. 2, Albemarle
(704) 983-1020
uwharrieplayers.org

Birth of Funk Exhibit
James Brown and N.C. musicians
Through Feb. 28, Raleigh
(919) 807-7900
ncmuseumofhistory.org

Coast (east of I-95)

Beach Day
Bocce ball contests, sand sculpture,
July 1, Oak Island
(910) 457-6964
nc4thofjuly.com

NC 4th of July Festival
Games for kids, car show
July 1–4, Southport
(910) 457-6964
nc4thofjuly.com

Into the Woods—Movie
July 2, Calabash Community Park
(910) 579-0248

2nd Marine Band Aircraft Wing Band
July 4, Manteo
(252) 475-1500
roanokeisland.com

Fourth Of July Celebration
July 4, Farmville
(252) 753-6712
farmville-nc.com

Fourth Of July Celebration
July 4, Greenville
(252) 329-4200
greenvillejaycees.com

Matt Phillips & The Philharmonic
Sunday in the Park series
July 5, Greenville
(252) 329-4567
greenvillenc.gov

Pirates Have Problems
Magic show
July 7, Sunset Beach
(910) 575-0033
museumplanetarium.org

Blackwater R&B Concert
July 9, Calabash Community Park
(910) 579-0248

Hurricane History In North Carolina
July 10, Sunset Beach
(910) 575-0033
museumplanetarium.org

The Monitors Concert
Sunday in the Park series
July 12, Greenville
(252) 329-4567
greenvillenc.gov

Air Force One
Guest speaker Howie Franklin
July 14, Sunset Beach
(910) 575-0033
museumplanetarium.org

The Fat Jack Band
July 16, Calabash Community Park
(910) 579-0248

Hello Pluto
July 17, Sunset Beach
(910) 575-0033
museumplanetarium.org

Flea Mall Pro Rodeo
July 17–18, Newport
(252) 223-4019
newportfleamall.com

Pirates In The Port
Talks about Blackbeard, reenactment
July 18, Bath
(252) 923-3971
nchistoricsites.org/bath

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Molasses Creek Concert
Sunday in the Park series
July 19, Greenville
(252) 329-4567
grpd.info

A Rare Titanic Family
Author Julie Hedgepeth Williams
July 21, Sunset Beach
(910) 575-0033
museumplanetarium.org

James & Emma Acoustic Duo
July 23, Calabash Community Park
(910) 579-0248

Severe Weather Safety & East Coast Tsunamis
With Steven Pfaff
July 24, Sunset Beach
(910) 575-0033
museumplanetarium.org

80's Retro Party, Movie & Campout
July 24, Greenville
(252) 329-4562
greenvillenc.gov

John Brown Big "Little" Band
Sunday in the Park series
July 26, Greenville
(252) 329-4567
greenvillenc.gov

Kids: Build a Bridge
With Gerry Strickland
July 28, Sunset Beach
(910) 575-0033
museumplanetarium.org

Dolphin Tale 2—Movie
July 30, Calabash Community Park
(910) 579-0248

Robot Ozobot
July 31, Sunset Beach
(910) 575-0033
museumplanetarium.org

ONGOING

Art Walk
First Friday, Elizabeth City
(252) 335-5330
ecncart.com

Art Walk
First Friday, Greenville
(252) 561-8400
uptowngreenville.com

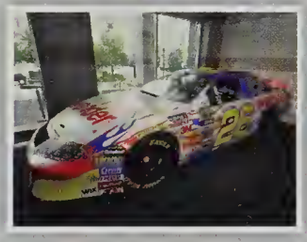
Brady C. Jefcoat Museum Tours
Saturdays & Sundays, Murfreesboro
(252) 398-8054

Second Saturday Tours
Historic district guided tours
Through October, Murfreesboro
(252) 398-5922

CAROLINA COUNTRY
adventures

'Starring North Carolina!'

N.C. Museum of History celebrates the state's films, TV shows and casts



The first major exhibit about the state's role in the film industry showcases hundreds of film-related items from the 1900s to the present, including original scripts, costumes and props.

Some 3,000 films and television programs have been made in the Tar Heel State. Movies and TV shows featured in the blockbuster exhibit include "Bull Durham," "Iron Man 3," "Blue Velvet," "Teenage Mutant Ninja Turtles," "Dawson's Creek," "Sleepy Hollow" and dozens more.

The exhibit, aptly named "Starring North Carolina," is at the North Carolina Museum of History in Raleigh through Sept. 7.

Visitors get a kick out of seeing Ricky Bobby's No. 26 Wonder Bread race car, on view in the lobby. It's from the 2006 movie "Talladega Nights: The Ballad of Ricky Bobby," in which Ricky Bobby, played by Will Ferrell, led the fictional NASCAR circuit while driving the car in scenes shot at North Carolina's Charlotte Motor Speedway and Rockingham Speedway.

Items on display

They include:

- The coonskin cap worn by actor Fess Parker, who portrayed Davy Crockett in the 1955 movie "Davy Crockett: King of the Wild Frontier," portions of which were filmed in western North Carolina.
- The costume worn by Daniel Day-Lewis, who starred as Hawkeye in the 1992 movie "Last of the Mohicans," filmed in western North Carolina.
- The bomber jacket worn by Kevin Costner, who portrayed "Crash" Davis in the 1988 movie "Bull Durham," shot primarily in the Triangle area.
- A letter jacket, cheerleading outfit, scripts and more from the 1998–2003 television series "Dawson's Creek."
- A costume worn by Jennifer Lawrence, who portrayed "Katniss" in the 2012 movie "The Hunger Games," filmed in western North Carolina.

The approximately 8,000-square-foot exhibit includes interactive components, movie clips and images. It also tells how North Carolina became one of the nation's top film and television production locations, EUE/Screen Gems Studios in Wilmington, home to the largest film studio outside of California.

Tickets
You can buy the low-cost exhibition tickets online or at the museum. For more information, call (919) 807-7900 or visit ncmoh-starring.com

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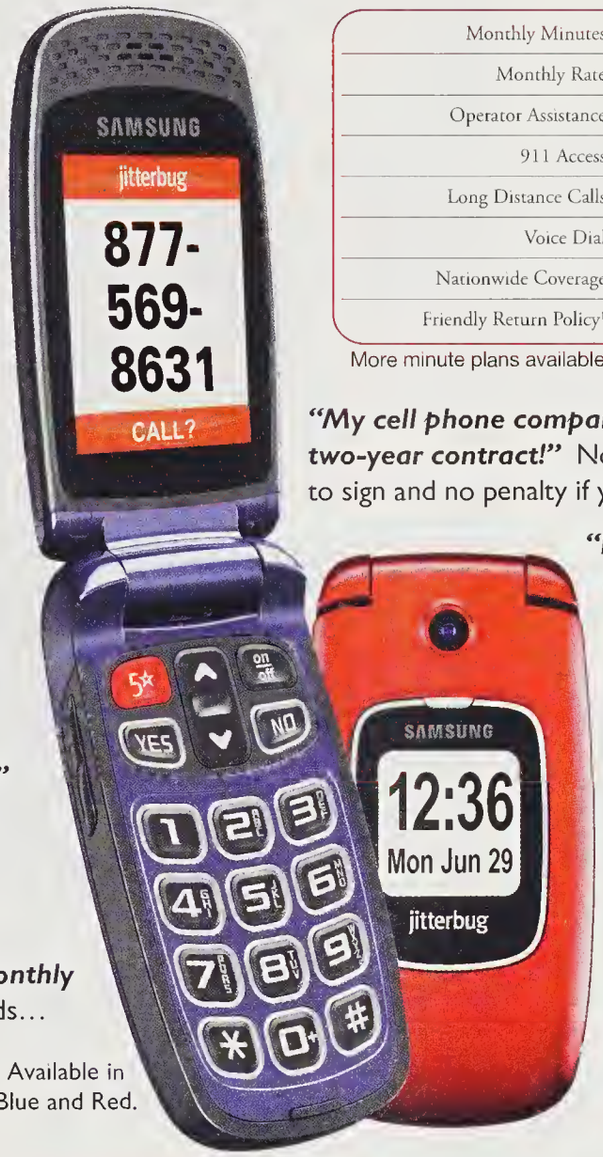

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By Jim Dulley

Using less A/C

Tips to help you stay comfortably cool this summer

There are quite a few free, low-cost improvements and simple lifestyle changes you can make to reduce the amount of air conditioning needed for your home. Initially you will likely be a bit less comfortable, but you should become accustomed to the changes soon.

The simplest method to run the air conditioner less is to set your thermostat a few degrees higher. The savings should be from 1 to 3 percent for each degree you raise it.

Other methods to minimize air conditioning are to reduce the amount of heat that leaks into your home, reduce heat generated inside your house, control humidity levels, increase indoor air movement and use natural ventilation when possible.

Most energy efficiency improvements, such as caulking, weather stripping and insulation are made to reduce heat loss during winter, but they can also reduce heat gain during summer. Check your attic's insulation to make sure there are no voids or thin areas where it may have loosened or blown around, and ensure all attic vents are not blocked by the insulation.

Also consider adding awnings to windows and doors to reduce heat that enters the home.

***Top left:** Window and door awnings can reduce the amount of heat that enters the home through windows and walls. **Bottom left:** This ceiling paddle fan creates a comfortable breeze, and it includes heating elements and a thermostat for winter heating. **Right:** Partially opened windows on the windward side of the house increase air speed into the home. Photos by Jim Dulley*

Cooking, washing and bathing

A great deal of heat is generated from cooking, bathing and running electric appliances, causing the air conditioner to work harder to remove the additional heat. When cooking or bathing, run the range hood or bath exhaust fan to remove extra heat and moisture.

During the summer, try using countertop-cooking appliances, such as a slow cooker, in the garage or outdoors to reduce indoor heat and humidity.

Wash dishes and clothes at night; avoid washing in the afternoons during peak heat. The heat given off from the hot water and electricity used by the motors will stress your air conditioner less at night. This also reduces the peak electricity demand for your electric cooperative.

Keeping air moving

Keeping air moving inside your home increases evaporative cooling from your skin to keep you comfortable at a higher indoor temperature. A ceiling paddle fan is very effective for this. The electric motor in the fan actually heats the room air, so turn it off when the room is unoccupied.

Set the ceiling fan on medium to high speed and the rotation switch so it blows the air downward. During winter, change the switch setting so the air blows upward and set it on slower speed.

On a breezy, not excessively hot day, open some windows. Widely open several windows on the downwind side of your home, and slightly open windows on the windward side. Due to the pressure difference, this causes the air to blow in the partially opened windows much faster, creating a breeze in that area.

A whole-house ventilation fan, often located in a hall ceiling, can draw huge amounts of air through your house. For times when the air is not excessively humid, run the fan at night. It can cool down the entire house.

Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, Ohio, 45244, or visit dulley.com.

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By Hannah McKenzie

Thinking of a new clothes washer?

Q: My washing machine is finally starting to wear out. I'm assuming that an Energy Star washing machine is a good bet, but there are still so many choices! How do I choose?

Layn Mudder

Wash your clothes in cold water using cold-water detergents whenever possible. Adjust load settings if you must wash a small load.

A: Choosing one clothes washer amidst the sea of Energy Star-certified options can be overwhelming. You are on the right track by only considering Energy Star-certified clothes washers, because they offer numerous benefits for your sanity and wallet including:

Energy savings. Energy Star-certified clothes washers use about 25 percent less energy than standard washers. The spin cycles are also much faster so the clothes need less time in the dryer, thus saving more energy.

Water savings. Energy Star-certified clothes washers average 40 percent in water savings compared to standard washers. For example, a full-size Energy Star-certified clothes washer uses 13 gallons of water per load compared to the 23 gallons used by a standard washer, and it produces equally clean clothes.

Clothes life span. The American Council for an Energy-Efficient Economy states, "Field studies have shown that resource-efficient washers are gentler on clothes. Less drying time further reduces wear and tear. With the average load of laundry valued up to $500, this can add up to substantial additional savings."

Load capacity. Larger capacity means fewer loads of laundry and less of your time in the laundry room.

For more information:
smarterhouse.org
energystar.gov

Narrowing down the options

Choosing wisely is important since the average American family washes about 300 loads of laundry each year and washers last an average of 10 to 12 years. Energy Star models have a wide range of energy and water usage, so you're blessed and burdened with many options.

Find out what washers are available in your area or from your preferred store. Determine which washers fit within your price range and consider good and bad reviews from owners and organizations like Consumer Reports. Keep in mind that Energy Star-certified clothes washers are available as top-load and front-load, though high-efficiency front-loaders continue to out-perform even the best top-loaders.

Once you've narrowed down your choices to a handful of clothes washers, compare the energy and water use to make a final decision. The Energy Guide is a yellow card that indicates an estimated annual energy cost. They are attached to the showroom models and found with the online product specifications. It's a quick and easy way to compare models. Also, pay particular attention to the water factor which can be found at tinyurl.com/oowdsdo or in the product specifications. For each whole number drop in a washer's water factor — for example from 8.0 to 7.0 — you'll save about 1,000 gallons of water each year. This may be a huge benefit if you have an overburdened septic system or municipal water bills.

Habits

Your laundry habits can also make a long-term impact on cost savings.

Load size. Wash and dry full loads when possible. Overloading the washer may reduce the machine's cleaning effectiveness, while overloading a dryer will prevent clothes from drying completely. Multiple small loads are also less efficient than running a full load. Read the washer user's manual to ensure success.

Water temperature. Water heating accounts for 70 to 90 percent of clothes washer energy use. Use cold water when possible for washing, and always use cold water for rinse cycles.

It is exciting to have so many affordable and resource-efficient clothes washers to choose from. An Energy Star-certified clothes washer is an easy way to save water, energy and time. Next month we will explore saving more time and money with clothes dryers.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

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Cajun Pork Sandwiches

- 2 pork tenderloins (1 pound each), trimmed
- 2 teaspoon vegetable oil
- 3 tablespoons paprika
- 2 teaspoons dried oregano
- 2 teaspoons dried thyme
- 1½ teaspoons garlic powder
- ½ teaspoon pepper
- ½ teaspoon salt, optional
- ½ teaspoon cumin
- ¼ teaspoon ground nutmeg
- ¼ teaspoon cayenne pepper
- 36 French bread slices or mini buns
- Butter
- Lettuce leaves
- Thin slivers of green and sweet red pepper

Place tenderloins in a greased 13-by-9-inch baking pan. Rub each with 1 teaspoon oil.

In a large bowl, combine paprika, oregano, thyme, garlic powder, pepper, salt if desired, cumin, nutmeg and cayenne; pat over tenderloins. Cover and refrigerate overnight.

Bake at 425 degrees for 25–30 minutes or until a meat thermometer reads 160 degrees. Let stand for 10 minutes; thinly slice. Spread bread or buns with butter or mayonnaise; top with lettuce, pork and green and red pepper.

Yield: 3 dozen

Berry Tossed Salad

- 1 package (10 ounces) ready-to-serve salad greens
- 1 cup sliced fresh strawberries
- 1 kiwifruit, peeled and sliced
- ¼ cup chopped red onion
- ¼ cup crumbled feta cheese
- 2 tablespoons slivered almonds

Creamy Raspberry Dressing

- ½ cup mayonnaise
- 2 tablespoons plus 2 teaspoons sugar
- 1 tablespoon raspberry vinegar
- 1 tablespoon 2% milk
- 2½ teaspoons poppy seeds
- 2½ teaspoons seedless raspberry jam

In a large salad bowl, combine the greens, strawberries, kiwi, onion, feta cheese and almonds. In a small bowl, whisk the dressing ingredients. Drizzle desired amount over salad and toss to coat. Refrigerate any leftover dressing.

Yield: 8 servings

Spicy Shrimp

- 6 bacon, diced
- 1 cup butter, cubed
- 2 tablespoons seafood seasoning
- 2 tablespoons Dijon mustard
- 1½ teaspoons chili powder
- 1 teaspoon pepper
- ½ to 1 teaspoon Louisiana-style hot sauce
- ¼ teaspoon each dried basil, oregano and thyme
- 2 garlic cloves, minced
- 1½ pounds uncooked strips shell-on medium shrimp

In a large skillet, cook bacon over medium heat until partially cooked but not crisp; drain. Stir in the butter, seafood seasoning, mustard, chili powder, pepper, hot sauce, basil, oregano and thyme. Cook over low heat for 5 minutes. Add the garlic; cook 1 minute longer.

Place shrimp in an ungreased 13-by-9-inch baking dish. Add sauce and stir to coat. Bake uncovered, at 375 degrees for 20–25 minutes or until shrimp turn pink, stirring twice.

Yield: 6 servings

From Your Kitchen

Blueberry Congealed Salad

- 2 boxes (3 ounces each) grape Jello
- 1 can blueberry pie filling
- 2 cups boiling water
- 1 can (20 ounces) crushed pineapple (drained)

Dissolve Jello in water; add pineapple and blueberry pie filling. Stir until combined. Pour mixture into a medium-size bowl and place in refrigerator to congeal.

Topping:

- ½ cup sugar
- ½ cup sour cream
- 1 small package (1-ounce) cream cheese, softened
- 1 teaspoon vanilla
- Pecans, optional

Mix and spread over Jello mixture.

This recipe comes from Annie Taylor of Ahoskie, a member of Roanoke Electric

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